

# Parent

DECEMBER 2018 / JANUARY 2019

## OH, BABY!

OUR ANNUAL **Maternity**  
& **Baby** guide

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DNA TESTS: TO SWAB OR NOT?

**Generational skip:**  
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**FINDITGUIDE**

# CENTRAL PENN Parent

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# Editor's Note

Yesterday afternoon, my daughter came home from school

lugging a baby doll in an infant car seat. She had been anticipating this day since the first week of school when she learned that a 48-hour parenting adventure was part of the coursework for her early childhood development class.

This wasn't just any baby doll, but a high tech marvel — *this*close to some seriously scary artificial intelligence — that was programmed to cry at various intervals for a feeding, a diaper change, a burping, and who knows what else. My 14-year-old tried to put all that she'd learned about infant care into practice, but the *RealCare Baby 3* wasn't cooperating. Sometimes a feeding wouldn't placate it. Other times my daughter would change a diaper that, it turned out, didn't need changing, as evidenced by the robot/manikin's continued cries.

When my daughter, in tears of frustration and sheer panic, brought the doll to me shortly after midnight – on a school night! – and said that she just couldn't stand the wailing, I made an executive Mom decision. It was time to stash the doll away in a back room for the rest of the night, so my daughter could sleep. And so I could, too.

Upon reflection, I realize that this is how I approached my very first night with my firstborn. No, I didn't place him in a sound-proof backroom. But when the postpartum nurse asked me if I wanted my hours-old baby to stay in my hospital room or be taken to the nursery and brought up only for feedings, I opted for blissful sleep. To the nursery he went.

My husband and I didn't have our son with us throughout an entire night until we were back at home, away from the helpful guidance of hospital staff. Let's just say we were freaked out by every sound he uttered. Newborns, we quickly realized, were very noisy. Grunts, snorts, whimpers, half-cries. We needed a bit of a learning curve to find our comfort zone.

Had I given birth now, I would not have had the opportunity to send my newborn to the nursery. He would have bunked in my room, where his dad and I perhaps would have grown a bit more comfortable and confident in how to care for him before taking him home. Lots of things would have been different, as hospitals and neonatal care providers are increasing the sizes of their birthing and postpartum rooms, and shrinking their newborn nurseries, all in an effort to promote maternal-baby bonding.

In this issue's Maternity and Baby Guide, we explore the latest developments in labor and delivery — from new approaches to pain (and anxiety) management to postpartum suites that encourage the entire family to stay overnight. We also look at both the lure and risks of doing "recreational" DNA testing on our babies and young children.

As I write this, snow is falling. I love the first few snowfalls of the season; by mid-January, I'm usually long over it. We suspect many of you are, too. But we live in a four-season state, so why not embrace it? In our Winter Fun Guide, we explore various activities to help you and your kids make the most of the snow.

We have many other features, too, to help you and your family stay grounded and emotionally strong this holiday season and into 2019. This is a magical time of year, but sometimes we can lose sight of that and what intangible-yet-steadfast gifts our kids (and for some of our readers, grandkids) really need from us.

We at Central Penn Parent wish you and yours a blessed holiday season, and much comfort and delight in the New Year.

## Happy parenting!

Leslie Penkunas | EDITOR

DECEMBER 2018/JANUARY 2019

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Mack Lucas, son of Central Penn Parent advertising account executive Carley, gets ready to ring in his first New Year!  
Photo by Conte Photography



# 31

# Empty nest, interrupted

## Big challenges face grandparents raising their children's children.

By Jamar Thrasher



On the long, quiet drives up from Harrisburg to Penn State's Williamsport campus, Phyllis Dew and her daughter took advantage of the calm by discussing the newly minted freshman's wishes for a career in the culinary arts. That conversation took place over a decade ago. Dew's daughter never finished her first semester of college. Dreams of a culinary career faded.

During her brief months in college, Dew's daughter became addicted to opioids. She had developed the drug habit after being around other college students who were users.

"I had no idea Williamsport had a drug issue," Dew reflects.

With a boorish appetite, the opioid epidemic continues to eat away at the nation. Its victims run the gamut — male, female, black, white, wealthy or poor.

Nearly 90,000 kids in Pennsylvania are in the care of their grandparents; a significant portion of those are due to their parents' addiction problems. The older generation that takes in their children's children get virtually no state assistance.

Dew's daughter became pregnant as the result of a rape; she had the baby. Dew, who worked as a social worker for agencies, became one of the estimated 82,000 grandparents in Pennsylvania to raise her own grandchild in the opioid epidemic. She eventually adopted her grandson when he was 7.

### Much-needed help for grandparents

There is little doubt that having grandparents raise their grandchildren is better than the kids going into the foster care system. Children get a sense of permanence and stability living with family members. Economically, it saves the state about \$1 billion per year, according to State Representative Eddie Day Pashinski (D-Luzerne). But it is far from an easy road. According to a September 2017 Psychology Today article, grandparents who take custody of their grandkids are more likely to be

poor, less likely to be employed, and more likely to have physical disabilities and chronic health problems.

State Representative Kathy Watson (R-Bucks), who chaired the House Children and Youth Committee for five years, says grandparents are reluctant to seek help. She adds that, "Many have no idea how our society changes" between what parenting looks like now and what it looked like when they were raising their children.

Watson, who chose not to run for re-election this year due to family concerns, says that she watched her constituents struggle under the weight of addiction. To help this older generation now raising their grandkids, she introduced the Kinship Caregiver Navigator bill to provide a one-stop-shop for vital information; the bill makes available local, state and federal resources as well as information on childcare, health care and schooling. It will be accessible via the internet and, for those grandparents who aren't comfortable navigating a website, via a toll-free number as well. Governor Wolf signed it into law in October 2018.

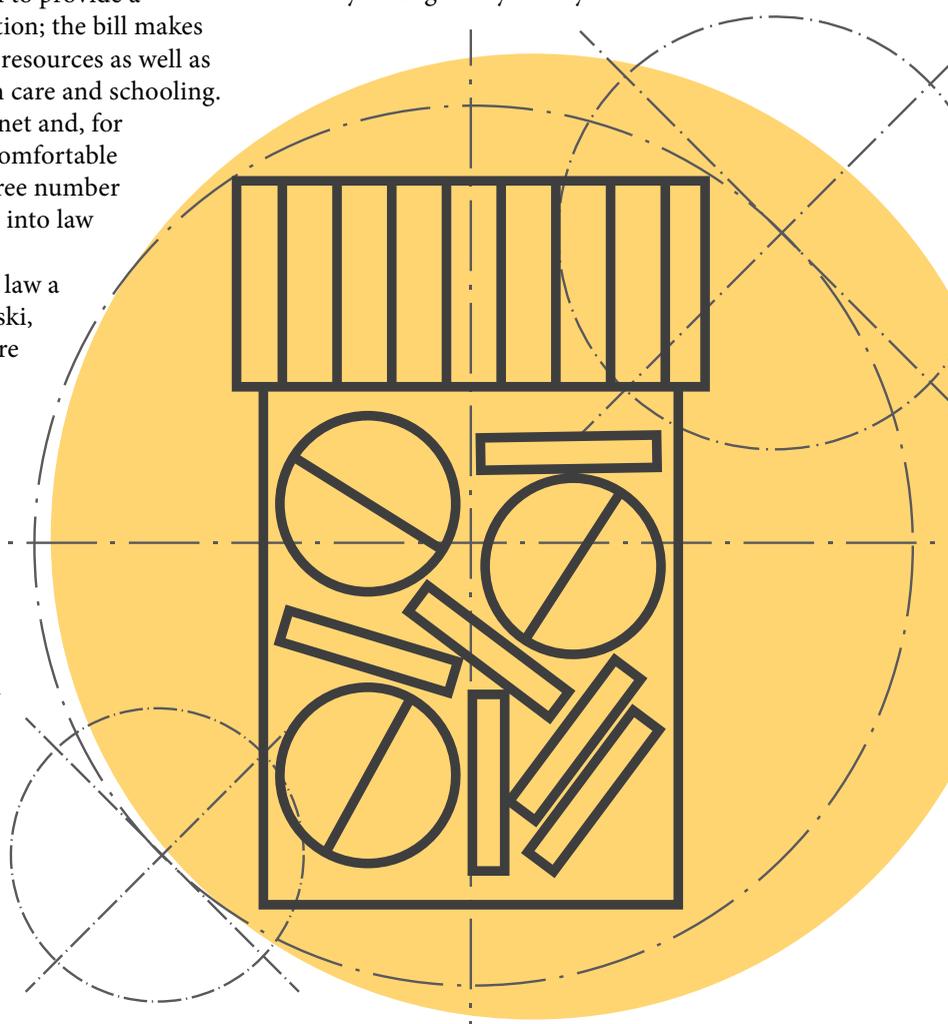
The governor also signed into law a bill spearheaded by Rep. Pashinski, who chairs the House Agriculture and Rural Affairs Committee. Called Grandparents Raising Grandchildren, the legislation grants temporary guardianship to grandparents or other adult family members when parents are unable to care their child due to alcohol or opioid abuse issues. The bill gives authority to grandparents while also protecting the parental rights of the parents.

Angela M. Liddle, CEO and president of Pennsylvania Family Support Alliance, an advocacy group to

protect children from neglect and abuse, praises the bipartisan legislative action by lawmakers. "Lawmakers not only listened, they acted and passed two new measures that provide a measure of relief to grandfamilies in these complex situations," she says.

Liddle's fight for families fighting against addiction is partially grounded in her own childhood.

"I became interested in working with families because I was born into one in the mid-1960s that had many challenges — alcohol addiction, mental illness and domestic violence," Liddle says. "I vividly recall being 3 or 4 years old and having an awareness that something was terribly wrong in my family."



## The challenges facing grandchildren

Daniel Marrow, M.S., a senior psychotherapist at Geisinger Holy Spirit Behavioral Health, has served his young patients with care and respect for more than 20 years. He explains that the children he sees — whose parents are dealing with addiction — may struggle with anxiety. They can find themselves stigmatized in school and also become the targets of bullies. Additionally, these children are more likely to be exposed earlier to negative behaviors of sex, violence and drugs than students whose parents are not living with addiction.

**“Lawmakers not only listened, they acted and passed two new measures that provide a measure of relief to grandfamilies in these complex situations.”**

Unfortunately, children born to mothers living with addiction have their own battles to fight. Opioids or other drugs like marijuana and alcohol can pass from a pregnant mom to their unborn child. As a result, babies born to mothers who use have neonatal abstinence syndrome (NAS).

According to Stanford Children’s Health, the symptoms of NAS include tremors, high-pitched crying, poor feeding and sucking, sweating and sleep problems.

Joanne Clough is an attorney in Camp Hill as well as a grandmother busy raising her young granddaughter, Carter. The toddler is infatuated with Disney characters and trick-or-treated as Elsa from “Frozen.” Joanne’s daughter Emily died of a fentanyl overdose when she was 22; she was found dead in her car in the parking lot of the Starbucks across from the Harrisburg Mall.

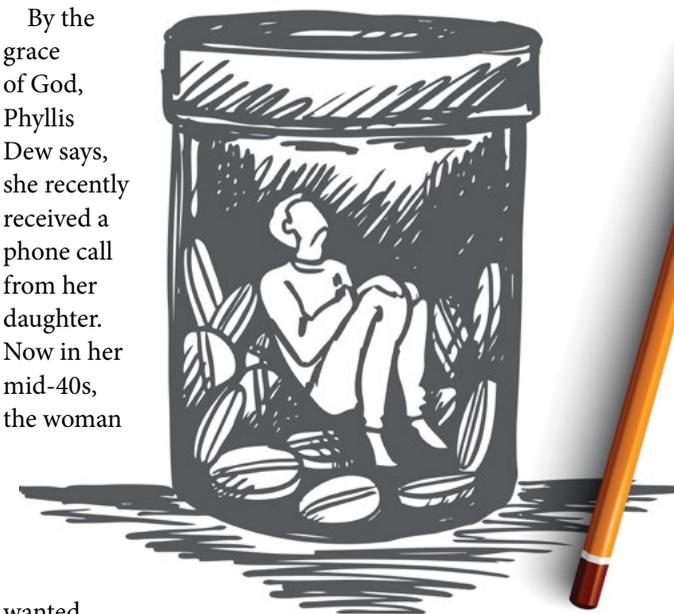
Clough recalls the countless days when her bright-eyed, ambitious daughter would transform into a violent person under the weight of addiction. In these instances, Clough was forced to call law enforcement on her daughter.

Often, Clough will read Emily’s journal, which details just how she slipped into addiction. It started with exposure as Emily watched her boyfriend (Carter’s father) using heroin. Eventually, he encouraged Emily to use the drug.

While they juggle careers and raising another generation of children, grandparents like Clough and Dew are working to raise awareness of the opioid epidemic in our state. Corporations are getting in on the fight, too. Aetna Better Health of Pennsylvania has partnered with the Pennsylvania Commission on Crime and Delinquency to bring preventive and supportive programs to early childhood programs in Harrisburg.

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By the grace of God, Phyllis Dew says, she recently received a phone call from her daughter. Now in her mid-40s, the woman



wanted to speak with her mother and check in on her teenage son. She told Phyllis that she is back in school and working toward becoming a counselor.

Dew admits that her daughter doesn’t have the best track record for honesty. She may not actually be in school; it is difficult to know for sure. And so Dew, like some 82,000 other grandparents within Pennsylvania, continues to raise her grandson.

*Jamar Thrasher is a Pennsylvania-based writer and the owner of a public relations agency. You can follow his blog, Notes on parenting, at CentralPennParent.com.*

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## Grandparent Guardians and Cyber School: Making it Work and Changing Lives

Grandparents across the region are gaining more guardianship of their grandkids. Whether this is the result of military commitments, teenage pregnancy, illness, or sadly, the opioid epidemic, in 2017 more than 90,000 grandparents served as guardians in Pennsylvania. In fact, Governor Wolf recently signed the temporary guardianship for grandparents bill, meaning these numbers are only likely to rise. At the same time, the schooling situation in America is changing, grandparents are looking for additional options which provide a quality education, safety and support for students with challenging special needs. This is why many guardians are turning to cyber schools!

Agora Cyber Charter School employs an educational process that looks at the needs of each student. Whether a student is struggling with bullying, worrying about safety, needing to utilize the daytime for extracurricular activities, desiring a greater academic challenge, or working with physical or learning disabilities (27% of our students are Special Education), Agora is here to help.

Diagnosed with ADHD and on the Autism spectrum, Juniata County resident Kayla wasn't getting the special education experience that her grandmother hoped for, so she pulled Kayla out of a brick and mortar school and began with Agora. "Kayla wasn't learning, I was unhappy with her IEP and the thought of her heading to middle school and falling behind even more was daunting," said her grandmother Denise, who gained full custody of Kayla when she was just two-years-old. "Her biggest problem was focusing, and the cyber atmosphere has changed that. Kayla has been through a lot so having the stability and assistance Agora provides is incredible. She's graduating this year and wants to help rejuvenate our curly fry business!"

Next is Angela, who had to take over custody for her grandson after his mother passed away. Her grandson was never able to get comfortable at school, so they decided to give Agora a shot for kindergarten, and they quickly noticed incredible changes. In fact, before she passed away, his mom, who struggled with the idea of cyber school said, "I don't want him to go back to brick and mortar school. I look at him typing away and so into his work. He wouldn't get this anywhere else." The biggest concern she had was over social interactions, but those fears have been alleviated. "Many think cyber students are sheltered," said Angela. "That couldn't be further from the truth. He plays with all the kids in the neighborhood."

Finally, we have Marquetta who saw the tremendous value of Agora while she and the three grandchildren she was raising had to reside in a homeless shelter. Despite the situation, none of the students missed a beat in terms of their education. With the use of computers that come with enrollment, it was "business as usual."

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# The next big thing



## Student entrepreneurs get guidance from area professionals

By Cassandra Davis

Since 2015, Big Spring High School teacher Cherie Powell has invited business leaders from surrounding communities into her classroom to mentor students and share their expertise in her Business INCubator class. The college-level course gives students a taste of entrepreneurship and provides real-world lessons from those who have experienced it firsthand.

The Business INCubator class calls on students to identify a problem and create a solution with a product or service. Then the students create a company around their product or service. From brainstorming a company name and creating a website to conceptualizing marketing materials and actually producing their solution, the students are involved in every aspect of building a business from the ground up.

Local business professionals serve as mentors to each “company,” bringing their insight and advice to the student business owners. Depending on their schedules, the mentors meet with the student companies in the classroom, or they connect online. Others may serve as experts, presenting on specific knowledge areas that will benefit the budding business owners.

The program is set up similarly to the popular TV show, “Shark Tank.” Community leaders serve on the advisory panel that critiques the start-ups and gauges their potential for future success.

“The highpoint of the year is that teams will ‘pitch’ their ideas to a panel of investors to receive funding,” Powell says. “Those that are funded will advance to the second level of the course and be able to put their plan into action.”

### Sharing invaluable knowledge

Powell believes the business professionals involved in the program make a huge impact on the students at all stages of the company development.

“This year so far students have pitched their individual ideas to two groups of business professionals. By talking to these professionals, they were able to gain knowledge about how best to enter the market — what advantage they would need to penetrate the market, how to best market their product, and general ideas they had not considered,” she says. “This opportunity allowed the

students to start determining the feasibility of their ideas based on their own knowledge and strengths as well as having honest, uncensored professional feedback.”

The business professionals involved offer a perspective that Powell says she cannot as their teacher. It is something she is grateful for as it complements the class experience.

“The business professionals who have visited our classroom and who have helped our students provide a wealth of knowledge that can’t be learned in the classroom,” Powell says. “These professionals are people who are talking to students from their own experiences. As an educator, I can read information and visit businesses, but I have not actually experienced what these professionals have in their careers. This first-hand experience is so important for our students.”

Powell also acknowledges that the volunteers in her classroom bring a wealth of connections that are beneficial to the students.

“The volunteers also have connections with other business professionals, so if they don’t know something, they can usually connect students with someone who does know,” she says.

### Bringing a legal perspective

Those connections can be powerful, as noted by Kelley Keller, Esq., a prominent business owner who has been involved in the program since its first year. She owns The Keller Law Firm, LLC, and as an intellectual property and small business attorney, the knowledge she imparts on the students is invaluable to their real-world success.

“We talk about the importance of establishing your brand identity really early in the process, so I’ve worked with them on explaining trademarks and how they work,” Keller says. “[I explain] the process you go through in choosing your business name to make sure it is available not only as the business name but also as the brand name, and that you can grow with it online.”

Keller has worked with many small businesses from “soup to nuts,” so she has many connections that she brings to the classroom. She knows how important these relationships can be.



## MENTORS AND EXPERTS WANTED!

Are you a business professional looking to give back? There are many ways to make an impact on future community leaders. The Business INCubator program at Big Spring High School in Newville is looking for business owners and professionals to share their knowledge and expertise with aspiring entrepreneurs. While the mentor position requires more of a time commitment than serving as an expert, both have a positive influence on students.

### Mentors (see Experts criteria on next page)

- 1-2 year commitment
- Willing to meet with students face-to-face or digitally
- Serve as sounding board and resource for students
- Guide students in the development of their product or service
- Connect students with other business professionals if needed

To learn more about these opportunities, email Cherie Powell at [cpowell@bigspring.k12.pa.us](mailto:cpowell@bigspring.k12.pa.us).



## MENTORS AND EXPERTS WANTED!

### Experts

- Fill the knowledge gap with skill sets in areas not taught at the high school (i.e. advanced app development)
- Help students locate industry research
- Assist with manufacturing prototypes and electronics
- Visit the classroom and present to the class or small teams of students
- Allow students to reach out with specific questions

To learn more about these opportunities, email Cherie Powell at [cpowell@bigspring.k12.pa.us](mailto:cpowell@bigspring.k12.pa.us).

“This class gives them the opportunity to start developing relationships very early in their professional careers which are just starting with education in high school,” Keller says. “I think that so much of one’s ability to be successful depends on relationships and the ability to leverage those relationships in a constructive way and that students are able connect with people who are potential role models or people who could then help them navigate the business community once they’re no longer in school.”



A student presents her product idea to the Business INCubator class.  
Photo by Cassandra Davis

### A rewarding experience

Angela Barlup, a business development representative at Belco Community Credit Union, has been involved with the program since the beginning. She sat on the advisory committee formed during the exploratory phase of the program and has served as a mentor, presented to the class, and acted as a judge during company presentations.

Barlup finds that providing mentorships to students as they explore future career options can be very beneficial.

“These students are the future and it’s important they have confidence and guidance to help them be successful,” she says. “Having a mentor relationship in high school that supports their growth and development can be a great asset to the student as they enter the workforce.”

Helping future business professionals can only have a positive impact on those already in the trenches.

“Today’s youth are tomorrow’s business leaders,” Keller says. “The more they know and the earlier they

start to learn and they start to understand how the business world works and how to participate in the modern economy, then the faster they will be able to be contributing members of society, and the faster they will be able to contribute overall to the economy. It’s never too early to learn.”

And while business professionals can have a great impact on the students, the experience can also benefit the mentors in a unique way.

“For me personally, being a mentor is a fulfilling and rewarding experience that allows me to give back to others and the community,” Barlup says. “Mentoring helped me grow as a person and has increased my understanding of the challenges and pressures students face today. I try to use these experiences to find new ways to reach students in ways that they can relate.”

*Cassandra Davis is a communications coordinator and a freelance writer. She contributes frequently to Center Penn Parent.*

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# What they'll remember

By Dr. Salman Majeed

Violence, natural disasters and hate crimes fill the nightly news and social media feeds. Much as parents may want to shield their children from such tragedies, it's not always possible.

Instant access to news from every corner of the globe may leave children believing that horrible things happen everywhere, all the time. That can have a negative effect on their sense of security and well-being.

Because children's brains are still developing, they are more sensitive to the unexpected acts of violence taking place in our world. They need adults to help them make sense of what they are learning and reassure them of their safety.

Children already know more than adults think they do when it comes to tragic events, so it's important to know how to talk about such incidents with them. Here are 10 tips for how to approach the topic with them.

- 1 The conversations should arise naturally, as a response to a child's questions or comments. As the adult, you should welcome their thoughts and inquiries, and show that you are open to talking about their concerns. Let them know their feelings are normal. Children who don't have a trusted adult to help them process the information they are getting may attach their own personal meaning to it, which can be distorted or misguided.
- 2 When such conversations come up, listen to what the child is saying and tailor the discussion to their level of understanding, interest or distress. Don't ever force a conversation. Let the child lead the discussion. Validate his or her feelings, and gently correct any misinformation.
- 3 Ask questions such as "What do you know?" and "What questions do you have?" Then, adjust your responses accordingly.
- 4 Understand that children younger than 7-9 years of age usually don't fully comprehend the finality of death. They may see video game characters come back to life after being killed and apply that to other situations.
- 5 Avoid adding unnecessary information to what the child already knows, especially when it comes to graphic images or details.
- 6 Focus on those who are helping to make the traumatic situations better, such as government officials, the police, emergency responders, medical professionals and volunteers.



## tips for talking with children about tragedy

- 7 Use difficult events as an opportunity to foster empathy for those involved. Talk about the positive things you as a family do to be kind to others and help those in need. When the tragedies result from people hurting each other because of their differences, talk about healthier ways to handle emotions. Send a message of inclusion and kindness.
- 8 Remember that children will learn the most from watching and listening to you. How you respond to and talk about such events will set an example for them, even if you aren't talking directly with them. Be mindful of what you discuss and how you talk about it when they are present. Avoid heated political discussions, sensationalized news or discussions of conspiracy theories when young eyes and ears are around.
- 9 Avoid stereotyping groups of people by race, nationality, or religion. Use negative events as opportunities to teach tolerance and explain prejudice. Model the behaviors you want your children to replicate.
- 10 If your child doesn't want to go to school after hearing about a shooting on television, reassure them that their school is safe. Don't allow them to stay home. That will only make things worse by reinforcing the idea that they do have something to be fearful of.

In cases where a child becomes paranoid, fearful or intensely affected by tragic news, it may be beneficial to seek out counseling or therapy. Younger children may demonstrate this need by regressing with developmental milestones such as toilet training or sleeping through the night. They may appear more anxious and worried or have nightmares. Older children may become overly fixated on following the details of certain events. They may need to take a break or detach so it doesn't consume them. In some cases, a child may become aggressive or withdraw as a way to deal with his or her feelings.

Above all, when processing news of tragic events, children need a message of safety and security.

*Salman Majeed, M.D., is a child and adolescent psychiatrist at Penn State Health Milton S. Hershey Medical Center.*



# Be of good cheer

When the happiest season causes stress in our kids.

We know the added stress that the holidays can place on parents. But this magical time of the year can also cause stress and anxiety in our children. To learn why as well as how we can help, we sought guidance from Thomas Foley, M.D., a psychiatrist with CHI St. Joseph Children's Health Behavioral Health Center, which serves Lancaster County.

## Central Penn Parent: Why are the holidays especially stressful for kids?

**Dr. Foley:** The multiple changes in routine that take place from late November through early January can take an emotional toll on children and their families. It is helpful to remember that the stress parents and caregivers are under during the holiday season also has a significant impact on family routines and stress levels within the home.

## CPP: How young have you seen patients exhibiting holiday-related stress and anxiety?

**Dr. Foley:** Emotional stress and anxiety is a human experience and can be seen at any age. I think it's important to remember that children are products of their environment and are significantly influenced by the homes in which they are raised. At the CHI St. Joseph Children's Health Behavioral Health Center, we believe in the philosophy that all health is directly influenced by emotional and behavioral health. Furthermore, we feel that children are embedded within a family context and therefore their emotional health can best be influenced by focusing on overall family wellness.

## CPP: Is there one age group that is more at risk than others?

**Dr. Foley:** In my experience, children and adolescents who have a history of being emotionally sensitive and/or struggling with changes in routine tend to be the most at risk of being affected by the stressors of the holiday season.

## CPP: How can parents recognize that their child is stressed or anxious? Do the signs vary depending upon age?

**Dr. Foley:** Signals could include changes in behavior, eating patterns, and/or sleep routines. Symptoms vary

dramatically depending on the age of the person. For example, children with depression frequently present with physical complaints such as headaches and bellyaches and often have a withdrawn and sad appearance. Older children or adolescents are more likely to show signs of irritability and teenagers may also present with significant mood swings. These mood swings can be so severe and sporadic that they can be confusing for parents.

## CPP: What are some simple steps that a parent can take to help minimize the seasonal stress for their child?

**Dr. Foley:** In order to help kids directly, it is important to try to keep family routines as consistent as possible during the busy holiday period. Maintain typical sleep and mealtime schedules to the best of your ability. This can be a challenge during this busy time of year but being mindful of these daily routines will put you in a better position to ward off potential unnecessary stressors.

It is extremely important for parents to focus on taking care of themselves both mentally and physically during the holiday season. We know that children and adolescents are affected by the emotional health of their parents and caregivers. Here are a few tips for parents to focus on for their own mental health during holiday season:

**Keep It Simple.** Try to set aside time without any planned activities for yourself and for other family members to allow for emotional downtime. Allow time for yourself to enjoy and remember the smaller but yet important experiences of the holiday season with your family.

**Gifting.** Try not to feel pressure to overspend on gifts. Consider making one or two gifts and allow your

children to be part of that experience. Very often, handmade gifts are the most treasured. This experience will teach your children important lessons in addition to quality family time. Science has shown that there are multiple neurologic and health-promoting benefits of "giving versus receiving."

**Be mindful.** Truly embrace the many experiences of the season. Learn to pause and pay attention to what is happening in the moment, focus your attention on one thing at a time, and attempt to notice how you are feeling in that moment while withholding immediate judgment regarding your thoughts and feelings.

**Remember your role.** Your behavior and stress management in addition to the traditions you create will be the foundation on which your children base their own future holiday traditions.

## CPP: When should parents be concerned that the symptoms they're seeing in their child are more serious than seasonal stress and anxiety?

**Dr. Foley:** Signs of emotional distress for children that exceed a typical stress reaction would include significant changes in behavior such as mood swings, increases in irritability, changes in sleep patterns, changes in appetite, losses of interest in fun activities, withdrawn or isolative behaviors, or self-injurious behavior.

## CPP: When should a parent seek professional guidance?

**Dr. Foley:** If a parent or caregiver is concerned about any of the above mentioned symptoms and feel that these symptoms are severe in frequency or intensity, prolonged, or interfering with the child's ability to function at home, with friends, or at school, consider having a conversation with the child's primary care provider to discuss the matter further.

# Mealtime mania

When expectations rarely match reality

By Lynne Reeder

The bus stop is less than one minute from our house. In that minute, Layla will be screaming and hitting at her sister while Maya yells back and complains about the fact I didn't pack her lunch and she couldn't eat next to Abby G., while Layla's shoe comes flying from over the seats to smash against the windshield and Maya corrects her and I'll correct Maya for correcting Layla and then my head erupts like Te Ka seeking vengeance on Maui. Or yours trying to follow that run-on sentence. I'm an English teacher and my children reduce me to the grammatical ability of a teenager on Twitter within one minute of being around each other again.

And then we pull into our driveway and Maya gets out of the car and I struggle to lug Layla and 13 bags up the steps into our house. The dog barks and runs at my legs where I stumble and Layla squawks angry gibberish while Maya flings her belongings across the floor and asks the question I dread most: "What are we having for dinner?"

I've become convinced that the greatest conspiracy of modern times isn't the moon landing or how exactly the Kardashians became famous, but the family dinner. Seriously, as if the expectations on a modern mother aren't high enough, I now have to

come home from a long day at work to take care of two screaming, belligerent children, one who has homework and some sort of sports practice in an hour, and the other who likes to headbutt the stir-crazy dog when I'm not looking, AND MAKE EDIBLE FOOD? AND THEN HAVE US ALL SIT DOWN TO EAT IT AT THE SAME TIME?

What phenomenon of physics am I expected to pull off here?

Every now and then I humor myself. I peruse my weekly emails from Pinterest with "posts I might like," full of turkey die-cut vegan triangles and organic yam milk for a fun and healthy kid lunch (*real life translation for me: the crackers Lunchable on sale yesterday*) or "Instant Pot Must Makes!!!" claiming only five ingredients and minimal cleanup. But I haven't spent money on yet another contraption meant to speed up dinners I'll never make. Five ingredients? Try one, called this box of frozen pizza.

I'll get out the cookbooks or pay for a week of prepaid and organized meal prep plans. I'll tell myself if I can just plan ahead I'll be fine because I'll know what ingredients to buy on the weekend grocery run and will have an answer to Maya's



question in the 10 seconds

after we open the

front door. And it works. For like two days. By then I'll have a fridge full of food no one wants and have had my fill of Layla pulling on my leg and chucking gummy packs at me while I'm busy burning my fingers running interference between her tantrum and the hot oven. Not to mention discovering that the homework I reminded Maya to do while I slaved away is still sitting untouched in her backpack; but she's managed to watch three YouTube videos of a Japanese lady with nicely manicured nails opening surprise bags of tiny toys.

My sanity depends on chicken nuggets, mac and cheese, hot dogs, and texts from my husband asking if we want him to pick up a pizza tonight. Yes. Always PLEASE GOD YES.

**My sanity depends on chicken nuggets, mac and cheese, hot dogs, and texts from my husband asking if we want him to pick up a pizza tonight. Yes. Always PLEASE GOD YES.**

I have enough to make me feel like a failure without the barrage of reminders that I should be preparing and feeding my children well-balanced meals, all while wearing my grandmother's pearls and kitten heels and quickly running the vacuum and serenading the small birds that have come to land on my shoulder while I merrily fulfill my duties. I have literally daydreamed about the day when Layla and Maya are both old enough not to need my constant supervision so that I can possibly make a real dinner (*like once a week or so, let's not get carried away with this fantasy*).

But for now, it's just going to have to be enough that I do, indeed, feed them.

*Lynne Reeder is a high school teacher and mom to two girls. You can follow her blog, Mom-ish, at [CentralPennParent.com](http://CentralPennParent.com).*



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CENTRAL PENN PARENT'S

# Maternity & babyguide

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Trends and  
practices in labor  
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# Great expectations

## A look at the newer trends and practices in labor and delivery.

Round table photos by Kara Clouser

Central Penn Parent recently welcomed Kenneth Oken, M.D., chair of Obstetrics & Gynecology at UPMC Pinnacle, to our office to discuss trends and developments in labor and delivery. Carley Lucas, CPP's advertising account executive and a new mom who delivered her son Mack this past summer, joined us.



PHOTO COURTESY GRACE MABURY

**Leslie Penkunas:** How does Pinnacle's birthing center differ from what it might have looked like 15 to 20 years ago?

**Dr. Kenneth Oken:** We're in the process of just building a new unit. It's scheduled to open in the next several months. I've been practicing for 25 years, and I think initially patients often were moved from a labor room into an OR or into a different room. Now pretty much people labor and deliver all in the same room. We encourage more family members to be present, and visitors, if they should want people to accompany them. So it's been really made to be more patient friendly and less, I'd say, sterile. And most of our rooms have Jacuzzi tubs.

**Penkunas:** Is that for laboring? Is that for relaxation?

**Dr. Oken:** Laboring. We don't do water births at Pinnacle. But they encourage it throughout labor for comfort measures. Pretty much most all of the rooms do have Jacuzzi tubs.

**Penkunas:** Is that something that a patient would request specifically before going in, or is it just the luck of the draw?

**Dr. Oken:** I'd say even in our new facilities, all but one room has a Jacuzzi tub it. The other thing is we have developed a 'hospital within a hospital' concept. Patients will have one elevator to come up to labor and delivery, so they don't have to traverse the entire hospital.

**Penkunas:** That's good.

**Dr. Oken:** The parking and everything will be made easier. During the middle of the night, they used to have to come to the emergency room. They don't have to do that and they also stay on one floor. On top of the Alex Grass Building [at UPMC Harrisburg], there is a brand-new, 39-bed, postpartum facility. With those rooms now, it has been significantly changed. [They] have been made much larger to accommodate patients and their families. One of the biggest complaints [from patients] that we had in looking at developing the new unit was that for the spouses and their family, there is no room. Often they pull out a chair with very little space for their significant other that was staying

with them. Now, it's much larger and much more patient-friendly.



(From left) Kenneth Oken, M.D., chair of OB/Gyn at UPMC, new mom Carley Lucas, and Leslie Penkunas, Editor, Central Penn Parent.

A big change over the last 25 years is that babies really stay with the mother the entire time. We strongly encourage rooming in. The nursery, where it used to occupy a certain amount of square footage, has now really shrunk down. The only babies that go to the nursery are patients that their babies need to be there.

**Penkunas:** I remember when I had both of my kids — different hospitals, different states — but at both they'd say, 'Do want the baby to stay with you? Or we'll take him, we'll take her.'

**Dr. Oken:** It's really not even a question anymore. It's pretty much standard that the baby is staying unless they had a complicated Csection, or a complicated delivery or they had an issue and they can't care for the baby.

**Penkunas:** Is that what you encountered, Carley?

**Carley Lucas:** Well, I'm thinking about the labor and delivery with the Jacuzzi tub. That saved my life, I feel like. I definitely took advantage of that. I labored at UPMC right down the street [from the CPP office in Harrisburg] and then we had Mack in the room with us.

**Penkunas:** The rates of women waiting until they're in their 30s to have a child have been trending higher and a number of them are of 'advanced maternal age,' over 35. Are there special considerations in place for those [moms] during labor and delivery? It's been 14 years since I had my daughter. I couldn't do anything because I had monitors attached to me and tethering me to the bed. Has any of that changed?

**Dr. Oken:** Yeah, a lot of changes. There is probably less monitoring. There are portable monitors where the patient can ambulate with the monitor on them, if need be. But I think we realize that not every patient has to be continuously monitored just because they're 35. You know, certainly a patient in advanced maternal age may have more medical risk factors and more associated issues — diabetes, high blood pressure. They may be higher risk pregnancies, but it doesn't necessarily translate into they have to be continuously monitored, stuck to the bed the entire time.

We strongly encourage patients to ambulate, get up and move around in the tub. That's definitely changed. With these portable monitors, the patient can get up and move around, get up from the chair. The other thing is with more patients waiting longer, these patients tend to be much more educated, too. They've done their homework. They know what to expect.



We encourage people. If they have a particular plan or they have a request, there are very few things we won't accommodate. Most of the time we can work with the patient as long as it's safe. If it's what they want, it's not out of the question.

**Penkunas:** What changes or trends maybe have you seen in pain management during labor in recent years? Obviously the Jacuzzi in nearly every room. But what else have you seen?

**Dr. Oken:** We've recently added nitrous oxide as an option. We know the nitrous oxide doesn't really change the rates of epidurals and other pain modalities they're going to use, but it is just an added option that they have.

I'll be honest with you, I was pretty skeptical at first, but I've seen patients get off their labor and delivery with [just] nitrous oxide. It's also helpful for after delivery, if they have not had any anesthesia, not had an epidural. It can help with repairs and sometimes delivery of the placenta. Sometimes they require a little bit of extra pain management. [Nitrous oxide] is just enough.

**Lucas:** I used an epidural.

**Penkunas:** I probably would have used [the nitrous oxide] in addition to an epidural. For the anxiety, for just the calming.

**Dr. Oken:** It's been really helpful early on, but I've had patients here I would have sworn would have gotten an epidural and used the nitrous all throughout.

**Penkunas:** I know from having my son without having an epidural, that if you don't have an epidural, as soon as the baby is born you can get up. You can go to the bathroom. You can walk around. You don't have to worry about waiting for an epidural to wear off.

**Dr. Oken:** The nitrous oxide gives the option. And it doesn't prevent you from getting anything else. You can get an epidural right after it. It's a very short half-life. There are very few risks or complications and patients have control over it. They can do it when they want it. It's been a nice addition since we really haven't had anything new for years, besides IV pain medication, epidurals.

We also have patients that do hypno-birthing, which is another new thing. It's been offered through the

childbirth education area of Pinnacle. They do a great job with that. I think just giving patients additional options, knowing that it doesn't have to be all or nothing. It doesn't have to just be an epidural or nothing. I think pain management in labor and delivery has been a little bit behind the times. And then we see a trend lately towards some patients doing laboring without any pain medication, which I find —

**Penkunas:** More power to them.

**Lucas:** Yeah.

**Dr. Oken:** I've seen thousands of births. I don't know how they do it, but they do it and I think, again, it just gives them self-control. At Pinnacle, we don't have walking epidurals. You really can't move around. So it gives you options. Even if you get IV medication, you're really not going to get up out of bed after that. These other things give you definite options.

**Penkunas:** Are more moms-to-be designing their own birth plans, and have you seen those birth plans change in recent years?

**Dr. Oken:** Certainly there is a large percentage of patients that will go online and just pull up a birth plan, not really sometimes knowing what's on the birth plan. So we see a lot more of just generic birth plans. But then you have people that have really tailored a birth plan to what they want. It kind of waxes and wanes. [addressing

**ROUNDTABLE** continued on next page



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**This Picture is Worth a Thousand Words.**

# Maternity & babyguide Round Table

Carley] I don't know if you had a special request?

**Penkunas:** I think she requested pain medication.

**Lucas:** I did. I have a friend that was in labor and delivery, a nurse at Pinnacle for a number of years. She was at my shower and asked me what my birth plan was. We have another friend of ours that with her two boys, had a particular music and [a request for] incense, or whatever it was, and somethings that were strange and off the wall and she's very particular. She's sitting there through this entire conversation. I said, my birth plan is to go in, to make sure that the pain is managed, and to get the kid out safely. She said, that sounds about like the most simple birth plan that you can have. I'm pretty sure everybody in the delivery room is going to love you for it.

**Penkunas:** When should someone present their birth plan? How do they present it? And how does the hospital follow?

**Dr. Oken:** We encourage people to present the birth plans ahead of time, so it can be discussed with the provider and

we'll review it. In my particular office, we'll actually pass it around so all the providers see it, look at it, sign off on it. It's kind of hard when in labor to present a birth plan. The train has already left the station.

A lot of the things too that people are asking for now have become standard care. Delayed cord clamping — they want to hold their baby. We do skin-to-skin in well over 90 percent of our deliveries; that used to be a big thing in birth plans. wanted delayed medication. A lot of these things are fine. They just need to be asked ahead.

When you come in in labor, I like to ask the patient, "Do you have special requests? Is there something that you really want?" They'll say the delayed cord clamping. They'll say we want the lights down. We want it to be quiet or we want the father to announce the sex of the baby, things like that. So it's just really communicating with the provider to make sure they know.

**Lucas:** Pinnacle was very good with that with us, because there were things like delayed cord clamping. That wasn't something that we discussed going in.



Carley Lucas

For those that don't know, delayed cord clamping encourages a more positive blood flow to the baby after birth before they cut the cord and that sort of thing. The cord is still attached for maybe five to seven minutes after birth, so there is still more of the natural blood flow coming from the mother to the baby.

**Dr. Oken:** They want to wait until it stops pulsing. Which, if you think about nature, it's probably a little bit more natural to have this.

**Lucas:** Yes. And they asked if my husband wanted to cut the cord and that was just something that Kyle was not interested in. He was just like, 'Nope, I'm good.'

**Dr. Oken:** That's the point too. If that's part of the birth plan that the father does not want to be involved in the cord, that's fine.

**Lucas:** Pinnacle, for us at least, was

ROUNDTABLE continued on page 18

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very good about as the situation of things progressed, 'Do you want to do this or do you want to do that?'

**Penkunas:** Touching bases with you.

**Lucas:** Yes. You have a choice here at this time in the process. You have X amount of timeframe here. We want to wait for you to have an epidural for a little bit. OK. Do you want to sit in the Jacuzzi or do you want to walk around?

**Dr. Oken:** Did you have a birth plan?

**Lucas:** We had talked about it with the OB. We had both, [an OB and a] midwife.

**Dr. Oken:** That's another good point. Midwives. Our group has two, soon to be three midwives. We have midwives on 70 percent of the time but not all the time. If she wanted a midwife to be at her delivery today, we would have a midwife on call. We may be able to work to get somebody there. But if she was going to be induced, we'd make sure you were induced when a midwife was on call.

**Lucas:** We were lucky enough to have both there.

**Dr. Oken:** There are some people that feel very strongly they want a doctor there, which for most births is not necessary. And there are some that say they want to do it more natural with a midwife. But a doctor is always on call.

**Penkunas:** National statistics show that about 10 percent of women opt for midwives. Are you finding that percentage to be about the same at Pinnacle?

**Dr. Oken:** The question, too, is when you say 'opt for midwives.' We offer. At Pinnacle there are no sole midwifery practices. We work collaboratively with the midwives. You can choose during your pregnancy to just see a midwife. That's fine. Within our practice, you could just see one physician, knowing when you come in in labor, he's on call. Unless it can be scheduled. I don't even know if you want to go down the whole road of recent discussions about inducing everybody at 39 weeks.

**Penkunas:** Yes. When I was in the later stages of pregnancy with my son, I was put on bedrest because I had lost too much amniotic fluid. I still ended up going four days past my due date before my OB would schedule me [for an induction]. She said, 'There is no point to induce before your cervix is ready.' Now they're saying that it's okay to induce early, that outcomes are better?

**Dr. Oken:** We just had a speaker last week come in from Pittsburgh to speak about it. He was part of the study. It says that inducing patients at 39 weeks *may*,

and I would definitely underline *may*, be safer. *May* be safer and actually *reduce* the C-section rate by inducing at 39 weeks. I think we have to take that with a grain of salt. It's one trial. There were trials years ago that showed that there was a higher C-section rate if you induce people.

**Penkunas:** So, C-sections. How has an OB's approach to C-sections changed over the last few years, if at all?

**Dr. Oken:** Having done this for 25, 30, years, it kind of waxes and wanes. Years ago there was a big trend to vaginal birth after C-section, and then we kind of got away from it and we saw the C-section rate rise. I think in the medical legal climate you see more C-sections being done.

With the C-section rate right around 30 percent, we really feel that it should be lower. There are a lot of factors. But I think as providers, we have to do a better job of lowering that C-section rate.

**Penkunas:** Have you found keeping the baby with the parents has resulted in better outcomes for the baby, as far as the next couple of weeks?

**Dr. Oken:** We're a baby-friendly hospital. We strongly encourage breastfeeding. I can't speak to fetal outcomes. But certainly bonding is probably better. The amount of teaching and education that goes on the floor before the patient goes home —bathing, feeding, car seats, safety things. How baby sleeps.

**Lucas:** The education process postpartum, especially with the baby in the room, made us feel much better about taking the baby home. Pinnacle actually went as far as having us sign paperwork that we would not fall asleep while holding the baby and that was to prevent accidents and we have taken that practice into our home. They went over everything. I mean, so we were very well educated.

**Dr. Oken:** I remember when my first baby, was born. I obsessed over when is the cord falling off, when is the cord falling off.

**Penkunas:** More new moms in Pennsylvania are breastfeeding their babies. It's up 10 percent from a decade ago.

**Dr. Oken:** Diaper bags with a formula company, given by a formula company. don't happen anymore. We used to give out formula samples and diaper bags from the formula company in our office.

We no longer have them. And that's been a pretty concerted effort on all parts to make this happen.

**Penkunas:** With all the various changes in laboring and birthing, how receptive do you think hospitals have been?

**Dr. Oken:** Hospitals have finally seen that women and babies are a huge area. They've always concentrated on the cardiac, orthopedics, and Pinnacle especially. Now you see Hershey just announced they are building a new unit. NICUs were always these pods of 10 or 15 beds. Now, we're going to have private rooms, a 40-bed NICU. Even with a baby as young as 25 weeks, the family will be able to stay there.

**Penkunas:** That's such a huge commitment and dedication by a hospital because of the expenses.

**Dr. Oken:** Space, a huge expense. The Grass Foundation provided this new unit. It's going to be state of the art — but really, it's for the families. The hospital I think has recognized that women and children services are huge. You know, I think we had a decent facility. Now we'll have a great facility.

**Lucas:** I was actually very impressed [with the current facility]. I was thinking that it would be just like a regular hospital room and it was a suite. There was the bathroom suite with the Jacuzzi tub. Even when I was laboring and my husband couldn't do anything, he was very comfortably sitting there watching the game on TV. We were very pleasantly surprised.

**Dr. Oken:** I think historically women and children's services have been on the back burner. Pinnacle has been a leader in the field in the area with close to 4,000 births a year. It's been a passion of mine for the last several years to get this done and I think the administration.

**Lucas:** I have one more question. Out of the thousands of births that you have witnessed or partaken in, do you have one or two that stick out?

**Dr. Oken:** Yeah, my own kids. I didn't deliver my oldest, but my other three. My wife would say I didn't *deliver* them, but that I was there and helped her. They were actually very easy, but it was fun. I think OB in general 99 percent of the time is fun and exciting. I wouldn't do any other job.

*Note: This discussion was edited for length and clarity. You may read a fuller version online at [CentralPennParent.com](http://CentralPennParent.com).*



Dr. Kenneth Oken

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# Postpartum Impressions

## Finding peace in my new skin

By Lynne Reeder

PHOTO BY CHRISTINA PAOLETTI

I stare at the folds of skin around my midsection. I can see my pores there, stretched indentations that line the surface of my stomach like moon craters. I turn my eyes to the bathroom mirror and twist sideways. I flash to how my skin spills over the top of my jeans when I'm sitting on the couch, nursing my newborn. It puddles and drips, lacking substance, searching for somewhere to go.

I pick up a sliver and roll it between my fingertips. I marvel at the texture of it, like a deflated balloon after being blown to its breaking point. I gained way too much weight while pregnant. I shouldn't have let the miscarriage before scare me away from exercise. The doctor told me the running I'd done a week before the bleeding began didn't cause me to lose the baby. Still, I'd been so afraid to move, to shift something.

**My ankles are thick and my hips sit wide as my thighs. But my 6-year-old thinks I'm beautiful, and my 4-month-old calls me home.**

Three pregnancies, two children. A body not matching my head. My belly button itself appears painted, the skin five shades darker than the rest of me. Stretch marks arc around it like an abstract painting. The kind you have to pretend is beautiful.

I pull back the shower curtain to start the water. Four months post-pregnancy, 65 pounds lighter, and still not feeling like myself. I step in, water pulsing over my forehead. I spread suds over my leg. My flesh ripples, flowing out and away as I scrub. It's unfamiliar to me, how soft I've become.

And suddenly, I'm back in the cafeteria of the school where I work. I'm seven months pregnant,

waddling everywhere I go. I wait patiently for the cafeteria lady to see me from where she's washing up dishes in the back. She comes out, smiling and wiping her hands. She hands me a Styrofoam tray with a chicken patty and, like every single person who crosses my path, asks, "So when are you due?"

I cringe because I hate this question. But answer her.

She puts her hands on her hips and chuckles. "That long yet? My goodness, but you're big! You sure there's not twins in there?"

It's not meant to be hurtful. It's light-hearted and casual, and something people have been saying to me since I was five months pregnant. I freeze my smile in place and duck out.

Every step back to my room hurts. My toes are pinched in my flats and my foot is so bloated it's

spilling over the top. I am mortified. I'm crying over a woman asking me about my pregnancy. I'm crying because she made me feel fat. I'm crying because I do feel fat, and nothing like myself, and I hate that I'm the kind of person who doesn't enjoy being pregnant, because I'm terrified of suffering another loss, because my identity is so tied to my waistline.

And now here I am, lighter than I was when I got pregnant, and I'm still scrubbing the self-doubt from my skin. Because this post-pregnancy body isn't me either. I don't like feeling pourable.

Even so, I slide on my threadbare sweatpants

and the nursing bra I've worn for three days. I pick up a t-shirt from the floor and crawl into it as I walk out to the living room and scoop up the grumpy 4-month-old. Construction paper and crayons sprawl across the living room floor. Maya's embedded in the middle of this chaos. Layla reaches around and grabs onto the skin at the back of my arm. She nestles her head against my chest.

"Mommy!" Maya exclaims. She jumps up, impulsively kisses her sister, then throws her arms around my neck as I sit down. "Mommy," she says, suddenly serious. "You're beautiful."

I smile at her and swallow against the tide rising in my throat. Layla's hand adjusts its grip on my arm and she sighs, her breath skimming my collarbone.

My body is not what it used to be. It has a C-section scar that has bore two little girls. It's blotched with moles and freckles and skin tags. My ankles are thick and my hips sit wide as my thighs. But my 6-year-old thinks I'm beautiful, and my 4-month-old calls me home.

As Maya hugs me again and Layla giggles at her big sister, I realize who I want to be as a woman raising girls, because I don't want them to lose so much time over worrying about their bodies. I don't want them thinking that the most beautiful parts of themselves are stitched inextricably to their jean size. I want them to know their bodies are part of their beauty because of what they are *capable* of, not what they look like. For mine has given me so much more than stress and doubt and resentment.

It's given me them.

*A high school teacher for over a decade, Lynne Reeder is a two-time Perry County Poet Laureate and PCCA's 2017 Educator of the Year. You can follow her blog, Mom-ish, at [CentralPennParent.com](http://CentralPennParent.com).*



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#### Locations:

##### **Geisinger Holy Spirit OB/GYN**

American Office Center  
423 N. 21st St., Suite 202  
Camp Hill  
717-763-9880

##### **Geisinger Holy Spirit OB/GYN**

2850 Commerce Drive  
Harrisburg  
717-901-9898

**Geisinger**  
Holy Spirit 

[geisinger.org](http://geisinger.org)

# the looking glass

By Sandi Schwartz

Recreational genetic testing gives parents ethical decisions to ponder.

If you had access to a crystal ball, would you want to find out your child's fate from a young age? Would you rather be left in the dark or know all the details of your child's health today and potential problems in the future? A new phenomenon called "recreational genetic testing" has arrived, and as parents, we will have some arduous ethical decisions to ponder.

## Direct-to-consumer genetic testing has arrived

The Food and Drug Administration recently approved the first home genetic test by the company 23andMe that enables people to determine if they have a genetic risk for certain diseases. This is considered recreational because you can order and take the test yourself without getting a prescription from your doctor. It is similar to the ancestry tests offered by this same company. All it takes is a simple swipe of your, or your child's, saliva.

***If you found out your son is tagged to develop a serious disease later in life, would you change how you treated him, the type of school you sent him to, or how often you took him to the doctor?***

This new test looks at a patient's risk for a total of 10 diseases including: Parkinson's disease, late-onset Alzheimer's disease, Celiac disease, Gaucher disease type 1, and hereditary thrombophilia and Factor XI deficiency (both blood clotting disorders). This test does not currently evaluate genes that predispose people to cancer.

This new world of genetic testing sounds intriguing because we can easily find out our future health risks in an affordable way. For a few hundred dollars, we can get a report compared to \$1,000 or more for genetic testing in a medical facility. More than a dozen companies now sell genetic tests, and they are becoming more and more popular. The global market for these tests was valued at more than \$70 million in 2015.

Having this information can shape our decisions regarding lifestyle choices like diet and exercise, and can keep us and our doctors on the lookout for signs that a

disease is starting to develop. Some companies are taking advantage of this approach by selling patients diet and fitness advice that is supposedly linked to our genetics. Most companies are marketing to adults, but some offer tests for children as well. One company even promises to provide parents with information on their child's genetic predisposition for success in sports.

## Flaws with the tests

With all the promises made about these genetic tests, there are also several important flaws to point out before you jump into anything.

First, consumers need to understand that genetic testing is not always accurate. Our genes almost never indicate a 100-percent risk for any disease. Instead, several different genes interact with our lifestyle and other factors to trigger symptoms of disease. Experts at the National Institutes of Health state that it is unlikely that genetic testing will ever be able to predict disease with complete accuracy. In addition, some genetic mutations are inherited, some develop before birth, and some occur later in life. Because of this uncertainty, we have to be careful of putting too much faith into these results, especially for our children.

Next, a big concern with allowing individuals to take the tests and review the results in their own home is that they will not have experts to explain it to them and to support them if they receive some bad news. The results and their implications can be quite complicated, with some physicians even struggling to understand them fully. The tests do come, however, with a recommendation for patients to seek help from a healthcare professional or genetic counselor before getting the results of the test.

Finally, many people are alarmed by privacy issues since it is not clear what the companies will do to protect patients' results. Will they ensure that the data is safeguarded and unable to be viewed by other individuals?

## Emotional fallout

Even though the FDA is requiring that customers click an acknowledgement that they understand the results could cause them anxiety, there are many concerns about the emotional fallout that these tests can cause especially when children are involved.

Imagine, for example, that you had your son tested and found out he is tagged to

PHOTO BY CHRISTINA PAOLETTI



develop a serious disease later in life. What would you do? Would you change how you treated him, the type of school you sent him to, or how often you took him to the doctor? What if you found out that your young daughter carried the BRCA gene for breast cancer? How might this change the trajectory of her life from dating to where she attends college to how early she decides to have children? Ethical experts worry that having this genetic knowledge might cause stigma or discrimination for these children. Also, learning that a child has a disease can impact other members of the family and prompt them to be concerned and to consider getting tested themselves.

Another twist to genetic testing is that people can learn information about themselves that they never expected. Sometimes when tests are taken by both parents and children they can reveal “non-paternity,” meaning that the man someone thought was their dad is not actually related to them. Studies show an estimated rate of 1–10% that this shocking news happens. This can certainly cause intense anxiety and rip a family apart.

Finally, because of the uncertainty that the disease will actually develop, is it really worth all the stress now to think that your children will have an issue when they are older? Experts believe that the majority of genetic tests are unable to predict someone’s health future; sometimes the disease never even develops.

## Recommendations

This issue is not expected to go away any time soon. In fact, more and more companies are planning to market home genetic tests, and currently major research projects are underway to explore how to gather complete genetic information at the time a child is born. Genetic testing for children may become the norm before we know it.

So, what should parents do? Before you order the genetic test, consider these recommendations from the American Society of Human Genetics (ASHG) Workgroup on Pediatric Genetic and Genomic Testing.



If your child is healthy, there is no need to have them undergo recreational genetic testing.



Children are considered a vulnerable population because they are unable to make decisions for themselves regarding their own health. Parents should, in most cases, defer testing until their children are old enough to participate meaningfully in the decision.

If your child is at imminent risk for developing a disease during childhood due to family history, such as childhood cancer or hemophilia, then genetic testing makes sense. At this point in time the home tests are too unreliable; children should be tested within the healthcare setting for more accurate results as well as proper counseling and support.



In cases when a teen may benefit from genetic testing, it is best for the teen to talk directly to a trusted health care professional without parents in the room. This will provide an unbiased assessment of the benefits and risks of testing. Then the teen and parents can make the decision together.



*Sandi Schwartz is a freelance writer and blogger and mother of two. She has written extensively about parenting, wellness and environmental issues. You can find her at [happysciencemom.com](http://happysciencemom.com).*

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ELRC Region 10 Office: 29 N. Duke St. York, PA 17403 (717) 854-2273  
Email: [info@childcareconsultants.org](mailto:info@childcareconsultants.org)

# Resource Directory

## Hospitals/Birthing Centers

### CUMBERLAND COUNTY

**Geisinger Holy Spirit Hospital**  
www.hsh.org  
503 N. 21<sup>st</sup> St., Camp Hill  
717-763-2100

**UPMC Pinnacle Carlisle**  
www.pinnaclehealth.org/Carlisle  
361 Alexander Spring Road, Carlisle  
717-249-1212

**UPMC Pinnacle West Shore Hospital**  
www.pinnaclehealth.org  
1995 Technology Pkwy., Mechanicsburg  
717-791-2400

### DAUPHIN COUNTY

**UPMC Pinnacle Community Osteopathic**  
www.pinnaclehealth.org  
4300 Londonderry Road, Harrisburg  
717-652-3000

**UPMC Pinnacle Harrisburg**  
www.pinnaclehealth.org  
111 S. Front St., Harrisburg  
717-782-3131

**Penn State Health Milton S. Hershey Medical Center**  
**Penn State Children's Hospital**  
www.pennstatehershey.org  
500 University Dr., Hershey  
800-243-1455

### LANCASTER COUNTY

**UPMC Pinnacle Lititz**  
www.pinnaclehealth.org/lititz  
1500 Highlands Drive, Lititz  
717-625-5000

**Lancaster General Hospital**  
www.lancastergeneralhealth.org  
555 N. Duke St., Lancaster  
717-544-4636

**Women & Babies Hospital**  
www.lancastergeneralhealth.org  
690 Good Drive, Lancaster  
717-544-3700

A 95-bed specialty hospital and an adjoining outpatient center focused completely on the healthcare needs of women at every stage of life and their newborn babies.

### YORK COUNTY

**UPMC Pinnacle Hanover**  
www.hanoverhospital.org  
300 Highland Ave., Hanover  
717-316-3711

**UPMC Memorial**  
www.pinnaclehealth.org/memorial  
325 S. Belmont St., York  
800-436-4326

## Pediatric Hospitals

### Lancaster General Health / CHOP Pediatric Hospitalists

www.lancastergeneralhealth.org  
555 N. Duke St., Lancaster  
717-544-5331  
LGH's partnership with the Children's Hospital of Philadelphia, one of the nation's top-ranked children's hospitals, ensures that families in our community have access to the very best experts in pediatric medicine.

## OB/GYN Services

### CUMBERLAND COUNTY

**Geisinger Holy Spirit**  
www.geisinger.org  
503 N. 21<sup>st</sup> St., Camp Hill  
717-763-2100  
Geisinger helps young women who need gynecologic care as well as new mothers who are trying to become pregnant.

**Shady Grove Fertility Center**  
www.shadygrovefertility.com  
2005 Technology parkway, Bldg. 2, Ste. 340, Mechanicsburg  
717-763-1036  
As we commemorate 27 years as your trusted provider, we celebrate 50,000 babies born.

### DAUPHIN COUNTY

**PinnacleHealth Obstetrics and Gynecology Specialists**  
www.pinnaclehealth.org  
100 S. Second St., Harrisburg  
717-231-8341  
1 Trinity Drive East, Dillsburg  
717-432-3245

### LANCASTER COUNTY

**Shady Grove Fertility Center**  
www.shadygrovefertility.com  
205 Granite Run Drive, Ste. 350, Lancaster  
610-376-1229  
As we commemorate 27 years as your trusted provider, we celebrate 50,000 babies born.

### YORK COUNTY

**Memorial Hospital Family Birth Center**  
www.pinnaclehealth.org  
325 S. Belmont St., York  
800-436-4326

**Mountain View OB-GYN**  
hanoverhospital.org/medical-group  
20 North St., Hanover  
717-637-7755

## Other Services/Support

**CHIP - Highmark Blue Cross Blue Shield**  
www.highmarkbcbs.com  
P.O. Box CARING, Pittsburgh  
800-543-7105  
Comprehensive health coverage to eligible children and teens in 29 counties of Pennsylvania. CHIP is available in Pennsylvania to any uninsured child up to age 19, regardless of household income.

**CHIP - UPMC for Kids**  
www.upmchealthplan.com  
1-800-978-8762  
U.S. Steel Tower  
600 Grant St., Pittsburgh  
In 2006 we covered 50 kids in Pennsylvania. We're now covering more than 37,000. UPMC for Kids has grown to become the largest CHIP plan in the state.

**Child Care Consultants, Inc.**  
www.childcareconsultants.org  
29N. Duke St., York  
717-854-2273  
Child Care Consultants is committed to helping children, families and early childhood education programs be successful.

**Dickinson College Children's Center**  
www.dickinson.edu/childrenscenter  
28 Garland Avenue, Carlisle  
717-245-1088  
The Children's Center is dedicated to the belief that each child is a unique person who deserves a safe and nurturing environment.

**New Mom Network**  
www.pinnaclehealth.org  
Camp Hill & Linglestown  
GIANT Super Food Stores  
717-231-8900





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Watch Gabriella's story at [LGHealth.org/CHOP](http://LGHealth.org/CHOP)

Children's Hospital of Philadelphia has a Specialty Care Center at LG Health's Suburban Pavilion. To schedule an appointment, call **717-544-0375**.

**Cardiology, Endocrinology & Diabetes, Neurology**  
2106 Harrisburg Pike, Suite 22, Lancaster

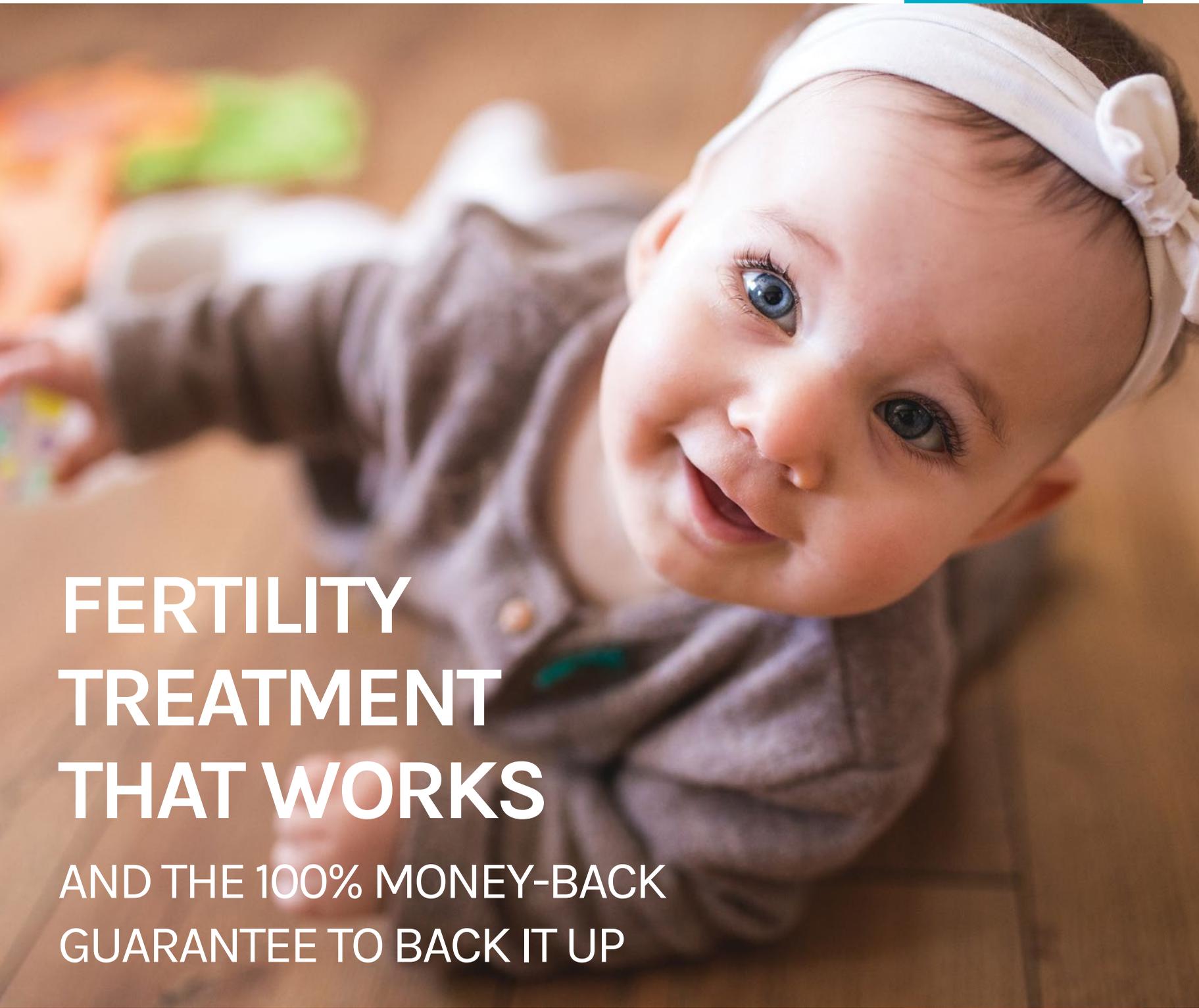
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# WINTER FUN GUIDE

The weather outside is frightful? Head to the theater for some cheer!

By Central Penn Parent staff

Winter, especially around the holidays, really is the most wonderful time of the year. And what better way to celebrate the season than with a special outing to a ballet, play or other special performance?

## *Donetsk Ballet Company of Ukraine's Nutcracker Ballet*

November 30-December 2  
Calvin & Janet High Performing Arts Center  
Lancaster Mennonite High School  
2176 Lincoln Hwy. East, Lancaster  
717-201-1122  
vyballet.com/performances  
Featuring 20 principal dancers and corps de ballet of the Donetsk Ballet of Ukraine as well as 90 local dancers, with hundreds of exquisite costumes from Ukraine and America. *Tickets are \$37.*

## *The Steadfast Tin Soldier*

Saturdays, December 1, 8 and 15, 1 p.m.  
The Popcorn Hat Players Children's Theatre  
15 N. Fourth St., Harrisburg  
717-238-4111  
gamuttheatre.org/php  
The performance is an adaption from the Hans Christian Andersen classic about the tin soldier, given only one leg, and his love for a paper ballerina. Suitable for all ages, the show lasts one hour. *Tickets are \$8.*

## *A Christmas Carol*

Saturdays, December 1-29  
The Fulton Theatre  
12 N. Prince St., Lancaster  
717-397-7425  
thefulton.org  
The holiday classic has been reimagined just for the Fulton. Ebenezer Scrooge encounters spirits of Christmases past, present and future to discover loves and lives he has neglected. The Victorian setting is peppered with pop culture references and a holiday sing-a-long that will bring cheer to every age. *Tickets start at \$11.*

## *Cinderella's Christmas*

Saturdays, December 1-29  
Lancaster Marionette Theater  
126 N. Water St., Lancaster  
lancastermarionette.org  
The classic tale of Cinderella is presented in a holiday setting by Robert Brock, the theater's artistic director, with marionettes he created. Arrive early to have a back stage tour of the theater and the John Durang Puppet Museum 20 minutes prior to curtain. The show is appropriate for children who can sit quietly for 35 minutes. *Tickets are \$15.*

## *The Man Who Saved Christmas*

Weekends through December 16  
The Playhouse at Allenberry  
1559 Boiling Springs Road, Boiling Springs  
717-258-3211  
allenberry.com  
Based on the true story of A.C. Gilbert, the inventor of the Erector Set, the show focuses on Gilbert's battle with the U.S. government as it attempts to ban toy sales during the 1917 holiday season. The musical numbers echo the World War I era. The show features dancing factory workers, singing soldiers, chorus lines of happy kids, and know-it-all politicians. *Tickets are \$28 for adults, \$22 for students.*

## *Christmas Magic Lantern Show*

December 1, 8 & 15; and Tuesdays - Saturdays, December 18-29  
Magic Lantern Theater  
3121 Old Philadelphia Pike, Bird-in-Hand  
717-768-8400  
amishexperience.com/magic-lantern-shows/christmas-show  
You'll be taken on a trip through the holiday season with theatrical readings of iconic

stories like "A Christmas Carol" and poems like "The Night Before Christmas," with fascinating visual images, heartfelt music and great storytelling. The show lasts 90 minutes. *Tickets are \$19.95 for adults, \$13.95 for children ages 4-12.*

## *Totem Pole Presents A Christmas Carol*

Saturdays and Sundays, December 14-23  
The Majestic Theater  
25 Carlisle St., Gettysburg  
717-337-8200  
gettysburgmajestic.org  
This all-new adaptation of "A Christmas Carol" simply and directly tells the redemption of the human soul and preserves the beautiful language, charm and humor of Charles Dickens' classic tale. *Tickets start at \$20.*

## *Magic & Wonder of Christmas*

Through January 1, 2019  
Bird-in-Hand Stage  
2760 Old Philadelphia Pike, Bird-in-Hand  
800-790-4069  
bird-in-hand.com/stage/magic-wonder-christmas-2018  
Master illusionist Brett A. Myers and his cast combine amazing illusions, comedy and holiday music. There's also audience participation and live animals in this family-friendly show that spreads the Christmas spirit on a journey of joy, hope and celebration for all ages. You can make it a meal-and-show, or opt for show only. *Tickets start at \$27 for adults and \$13 for children ages 4-12.*

## *Jesus*

Through January 5, 2019  
Sight and Sound Theatre  
300 Hartman Bridge Road, Ronks  
800-377-1277  
sight-sound.com/shows/lancaster/jesus/2018  
While most of the world is celebrating the nativity this season, Sight and Sound Theatre presents an action-packed musical stage adventure that takes audiences on a journey alongside the Prince of Peace and the everyday people whose lives he changed forever. *Tickets start at \$59 for adults and \$26 for children ages 3-12.*

## *The 2018 Christmas Show The First Noel*

Through December 30  
The American Music Theatre  
2425 Lincoln Hwy. East, Lancaster  
800-648-4102  
amtshows.com/2018-christmas-show  
Beautiful snowscapes, child-like joy, cherished stories, the spirit of love, and all your favorite things about the holiday season are onstage in this celebration of timeless holiday classics. This year's all-new show features beloved seasonal and sacred Christmas songs that are brought to life by vocal talent from across the country, accompanied by the AMT Orchestra. *Tickets are \$42 for adults, \$21 for children.*





# WINTER FUN GUIDE

## A Charlie Brown

### Christmas Live on Stage

December 5 & 6, 8 p.m.  
The Hershey Theatre  
15 E. Caracas Avenue, Hershey  
717-534-3405  
hersheyentertainment.com

Adapted from Charles M. Schulz's timeless story of the spirit of Christmas, this show features the cherished music of Vince Guaraldi, as well as a concert of favorite holiday carols performed by the Peanuts characters. *Tickets start at \$25.*

## Every Christmas Story Ever Told (And Then Some!)

Fridays-Sundays, December 7-23  
The Gamut Theatre  
15 N. Fourth St., Harrisburg  
717-238-4111  
gamuttheatre.org

It's a comic adventure of many Christmas stories, plus Christmas traditions from around the world, seasonal icons from ancient times to topical pop-culture, and every carol ever sung (OK, not every). The show promises to be a fast-paced romp through the holiday season. *Tickets start at \$15.*

## Midstate Ballet Presents the Nutcracker

December 8 & 9  
Strand Theatre, The Appell Center for the Performing Arts  
50 N. George St., York  
717-846-1111

The Midstate Ballet presents the magical journey of Clara and her Nutcracker prince from an intense battle between toy soldiers and mice to the Kingdom of Snow and the Land of Sweets. *Tickets start at \$24.75.*

## It's Wonderful Life: A Radio Play

December 14-16  
The Capitol Theater  
159 South Main St., Chambersburg  
717-263-0202  
thecapitoltheatre.org

The holiday classic comes to life as a live, 1940s-style radio broadcast. With the help of an ensemble that brings a few dozen characters to the stage, the story of idealistic George Bailey unfolds as he considers ending his life one fateful Christmas Eve. *Tickets are \$21 for adults, \$11 for children ages 3-12, and \$16 for students with a valid ID.*

## George Balanchine's The Nutcracker

December 15 & 16, The Whitaker Center for the Performing Arts  
Sunoco Performance Theatre  
222 Market St., Harrisburg  
717-214-2787

December 22 & 23, The Hershey Theatre  
15 E. Caracas Avenue, Hershey  
717-534-3405  
George Balanchine's The Nutcracker is a beloved holiday favorite. Performed by the dancers of Central Pennsylvania Youth Ballet, the winter classic features larger-than-life sets and dazzling costumes set to the magical music of Tchaikovsky. The Harrisburg Symphony Orchestra will accompany the performances at the Hershey Theatre. *Tickets start at \$30 for adults, \$25 for children for performances at the Whitaker Center; and \$35 for adults, \$30 for children at the Hershey Theatre.*

## The Chambersburg Ballet Presents The Nutcracker

December 15 & 16  
The Capitol Theater  
159 South Main St., Chambersburg  
717-263-0202  
thecapitoltheatre.org

Over 40 local dancers and professional guest

artists perform the holiday classic. Truly colorful and magical, the performances feature over 100 colorful costumes designed and handmade by local artisans. *Ticket prices are \$21 for adults, \$15 for students ages 6-17, and \$11 for children ages 3-5.*

## Jewel's Handmade Holiday Tour

December 16, 8 p.m.  
Hershey Theatre  
15 E. Caracas Avenue, Hershey  
717-534-3405  
hersheyentertainment.com

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# Snow day

When Old Man Winter gives them a day off, make the most of it.

By the Central Penn Parent Staff

There's nothing quite like the excitement of kids learning school has been closed because of the snow. We believe it is a gift that should not be squandered, so we've come up with the blueprints for the best snow day ever.

## Building a quick igloo

Sure, there are ways to build a proper igloo that involve angles, math, cutting tools and more. But the kiddos may be back in school tomorrow, so they'll want to spend less time configuring and building, and more time enjoying their igloo. Here is our cheat sheet.

You'll need a steep, heavy snow to make an igloo — the same type of snow that's ideal for creating snowmen. Stomp around in a small circle (don't make it wider than 5-7 feet) to pack the snow. Then place your snow blocks (at least 8 inches thick, for support) around the edges of the circle, leaving a small opening for the entrance.

Continue stacking the snow blocks, in row at a time, in the semicircle until the entrance is tall enough to enter. Before continuing, place a board across the top of the entryway for support. Then resume stacking rows of snow blocks, but now completing the circle. When it's tall enough, place an inverted saucer sled on the top. Cover lightly with snow.



This is a fun, indoor craft project for the kiddos. And no, this paint is not really made of snow, but it will resemble it.

### Materials:

- ½ cup white glue, like Elmer's
- ½ cup shaving cream
- Silver glitter
- Paint brushes

Color construction paper

A few drops of vanilla or peppermint extract, if desired

### Instructions:

Combine glue and shaving cream in a bowl until it has the consistency of whipped cream.

Add glitter and, if desired, extract, and stir. Paint pictures on construction paper. Air dry.



## Snow paint

## Maple snow candy

Adult supervision is required for this as it involves boiling maple syrup on the stovetop. But this old-fashioned treat is fun to make.

### Materials:

- Snow
- Cookie tin
- ½ cup pure maple syrup

### Instructions:

Gather a bunch of snow and pack it a few inches high onto a large cookie tin. You can do this outdoors and leave the tray outside or bring it into the kitchen — wherever you would prefer to make the candy.

Put the maple syrup in a heavy saucepan and heat on medium-high, stirring frequently. Boil until a candy thermometer registers 235 degrees F. Don't have a candy thermometer? Just boil it for four to five minutes.

Take the pan of super-hot maple syrup to your cookie tray of packed snow. Drizzle the syrup all over the snow's surface. The syrup will cool quickly and then become hard. Pick up the pieces when cooled and eat carefully — this type of candy can pull out a filling!

Pick up the slides carefully (so as not to warm with your fingers) and place them in the freezer for two weeks. You need to allow this much time in below-freezing temperatures to allow the superglue to dry completely without the snowflakes warming and melting. After two weeks, you'll have preserved snowflakes!

## Snow Picassos

A fresh snowfall provides the perfect blank white canvas for some fun artwork. And you probably have all you need in your cupboards and pantries already. Find some empty squeeze bottles (go ahead and clean out the nearly empty plastic mustard and ketchup containers if you don't have spare empties around). Fill each up with water and a few drops of food coloring. Have your kids wear some waterproof or at the very least water-resistant mittens or gloves and let the "painting" on snow commence!



## Snow ice cream

If you have fresh, clean snow, then you can very quickly have fresh, yummy snow ice cream! You can plan ahead and put a large Tupperware container outside the night before and collect freshly fallen snow. If you didn't think of that, just grab a container and fill it with a bunch of snow.

### Ingredients:

- ½ gallon of fresh, clean snow
- ½ cup of sugar
- 1 cup of milk (any type)
- ½ teaspoon of vanilla

### Instructions:

Stir all of the ingredients in a large bowl until mixed. Eat immediately — before it melts!

## Saving a snowflake

This project, which we found at PopularScience.com, is a bit involved, but we think any child — or grown-up, for that matter — interested in science or snowflakes would love making this winter keepsake. If you have a budding chemist in the family, you may already have all the supplies you need.

### Materials:

- Superglue (original runny style, not the gel form)
- Glass microscope slides and coverslips
- Tweezers

### Instructions:

Put the microscope slides and coverslips, the tweezers and the superglue outside to chill; it should be no warmer outdoors than 20 degrees F.

Pick up a snowflake with the chilled tweezers and place it on the microscope slide; alternatively, you can let snowflakes fall onto the microscope slide. Place a drop of the chilled superglue on the snowflakes. Gently place the cover sleeve on top; do not push into place or slide it as this could the snowflake to melt. Leave the slides outdoors for an hour or more.

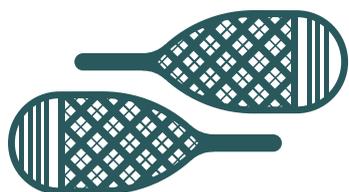
Pick up the slides carefully (so as not to warm with your fingers) and place them in the freezer for two weeks. You need to allow this much time in below-freezing temperatures to allow the superglue to dry completely without the snowflakes warming and melting. After two weeks, you'll have preserved snowflakes!

# WINTER FUN GUIDE

By the Central Penn Parent staff

If you can hike, you can snowshoe. So can your kids. This fun and relatively safe activity is the fastest growing winter sport in the United States. That's probably due in large part to its small learning curve and relative affordability.

What do you need to know before you hit the snowy trails with your family? We break it down here.



## Gear

Snowshoes are designed to displace your weight evenly across the snow's

surface so that you don't sink far into the snow. So instead of trudging along and struggling with steps, you can walk or hike or even run more easily.

The length of snowshoes depends upon how much the user weighs—the heavier, the longer the snowshoe. The most common sizes, according to Snowshoe Magazine, are 25 inches, 30 inches and 36 inches. For children weighing under 50 pounds, a 16-inch snowshoe is appropriate; for those weighing

between 50 and 90 pounds, lengths of 17 and 19 inches are recommended.

There are three different categories of snowshoes: those for recreational hiking on flat or rolling terrain; those for runners who seek a sleek design and sturdy structure that can handle running and climbing; and backpacking snowshoes that are ideal for deep snow as well as steep terrains. There are also poles used in snowshoeing; those these aren't necessary for leisurely, flat hikes.

For beginners as well as those hiking easier trails around Central Pennsylvania, the flat terrain snowshoes are best. According to equipment seller REI, these snowshoes are easy to walk in and have bindings that are easy to adjust. They're also the least expensive type of snowshoe; you can get a new pair

# Winter Trails

Strap on some snowshoes and get active!

for as low as \$50, though we've seen most of this entry-level snowshoe priced around \$100 per pair. Unless you are confident you and your family will love this winter sport, you might want to try a trial run before purchasing equipment [see the next page for snowshoeing destinations that include snowshoe rentals]

As far as other gear needed, it's much like that used for other winter activities like skiing, snowboarding and sledding. For your feet, wool socks and sturdy, insulated and waterproof snow boots or hiking boots are a must. For clothing, think layers: long underwear that wicks away sweat; a middle layer for warmth; and a waterproof outer layer. Then top it all off with a warm hat, insulated and waterproof gloves or mittens, and sunglasses of you're lucky enough to be out on a sunny day.

Winter is the perfect time to explore indoor attractions!

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# WINTER FUN GUIDE

## Snowshoeing Destinations

*Hickory Run State Park, PA-534, Jim Thorpe.* Valley to Summit ([valleytosummit.com/trips/snowshoeing-adventures](http://valleytosummit.com/trips/snowshoeing-adventures)) offers day-long snowshoeing excursions in January, February and March with its Hickory Run Lehigh River Hike. Traversing five miles, you'll explore a fire tower and stream-side trails while enjoying expansive views of the Pocono Mountains and the Lehigh River. Snowshoes and poles are included in the \$90 cost.

*Promised Land State Park, 100 Lower Lake Road, Greentown.* The park has heated cabins available for winter rentals at \$42 per night as well as snowshoe equipment rentals. The Bruce Lake Natural Area and Conservation Island are ideal for snowshoeing.

*Seven Springs Mountain Resort, 777 Waterwheel Drive, Seven Springs, 7springs.com.* The resort offers guided snowshoeing tours for \$30, including equipment rentals. If you like skiing and/or snowboarding as well, check out their "Winter Family Memories" packages that include two nights of lodging in the Main Lodge, unlimited skiing and snowboarding at Seven Springs, and credits toward meals.

*Skytop Lodge, One Skytop Lodge Road, Skytop, skytop.com.* They offer snowshoe rentals and trails along the lake or the stream. For two hours, the cost is \$12 for adults and \$6 for children (must be at least age 5).

## Trails

One of the great things about snowshoeing is that you can do it almost anywhere that has snow: your backyard, an area park, a local golf course, or your kids' practice fields. As long as there are at least a few inches of snow on the ground, you're good to go. The activity also lets you explore some great winter hiking trails. Beginners will want to stick to mostly flat terrain. We checked with AllTrails.com, a site that provides detailed, hand-curated trail maps as well as trail reviews, to learn what trails in Central Pennsylvania are specifically recommended for snowshoeing.

*Mary Ann Furnace Trail* in Codorus State Park, York County, is rated easy. It features a 3.8 mile loop and the lake.

*La Ho Trail*, also located within Codorus State Park and also rated *easy*, is a 1.7 mile heavily trafficked loop trail.

*Kings Gap Hollow* in Kings Gap State Park near Carlisle is rated *moderate*. It has a 6.5 mile loop with a winding river. There are some rocky areas and steeper terrain.

*Crings Mill Trail*, 4 Allison Road, Reading, is rated *moderate* and features a 9.5 mile trail that's flat and runs along a creek.

*Lebanon Reservoir Loop* in Pine Grove Township is rated *moderate*. It features a 4.1 mile loop around the Lebanon Reservoir.



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 214 Third St., New Cumberland  
 717-938-6898

**The Art Center School & Galleries**  
 theartcenterschoolandgalleries.com  
 18 Artcraft Drive, Mechanicsburg  
 717-697-2072

**Carlisle Arts Learning Center**  
 carlislearts.org  
 38 W. Pomfret St., Carlisle  
 717-249-6973

**Create-A-Palooza**  
 create-a-palooza.com  
 11 E. High St., Carlisle  
 717-409-5036

**DAUPHIN COUNTY**

**Art Association of Harrisburg**  
 artassocofhbg.com  
 21 N. Front St., Harrisburg  
 717-236-1432

**Color Me Mine**  
 harrisburg.colormemine.com  
 5110 Jonestown Road, Harrisburg  
 717-909-8170

**LANCASTER COUNTY**

**Art Matters Studio**  
 artmattersstudio.com  
 486 Royer Drive, Lancaster  
 717-208-6901

**Jen's Pottery Den**  
 jenspotteryden.com  
 711 Olde Hickory Road, Lancaster  
 717-581-1427

**Lancaster County Art Association**  
 lcaonline.org  
 149 Precision Ave., Strasburg  
 717-687-7061

**Lancaster Creative Factory**  
 lancastercreativefactory.org  
 560 S. Prince St., Lancaster  
 717-509-7547

**The Pottery Works**  
 thepotteryworks.com  
 16 W. Orange St., Lancaster  
 717-299-9963

**LEBANON COUNTY**

**SPLAT Studio**  
 splatfamilyart.com  
 21 E. Main St., Annville  
 717-685-1681

**YORK COUNTY**

**Creative York**  
 creativeyork.org  
 10 N. Beaver St., York  
 717-848-3200

**Hanover Area Art Guild**  
 hanoverareaarts.com  
 32 Carlisle St., Hanover  
 717-632-2521

**York Art Association**  
 yorkartassociation.org  
 220 S. Marshall St., York  
 717-755-0028

**DANCE**

**CUMBERLAND COUNTY**

**Carlisle Dance**  
 carlisedance.com  
 1787 W. Trindle Road, Carlisle  
 717-249-5142

**Central Pennsylvania Youth Ballet**  
 cpyb.org  
 5 N. Orange St., Carlisle  
 717-245-1190

**Dance Revelation Studio**  
 dancerevelation.com  
 1451 Clark St., Mechanicsburg  
 717-796-6010

**DanceVibe**  
 dancevibe.net  
 6 State Road, Mechanicsburg  
 717-795-8423

**The Harrisburg Academy of Dance**  
 hadtodance.com  
 4409 Locust Lane, Harrisburg  
 717-652-7071

**McGinley School of Irish Dance**  
 mcginleyirishdancers.com  
 701 Pear St., Lemoyne  
 717-439-2991

**New Cumberland School of Ballet**  
 ncballet.dance  
 323 Bridge St., New Cumberland  
 717-774-5012

**Pennsylvania Ballet Academy**  
 paballetacademy.org  
 2009 Enfield St., Camp Hill  
 717-774-7474

**Pennsylvania Regional Ballet**  
 prballet.org  
 211 N. Enola Drive, Enola  
 717-732-2172

**Révérence Studios**  
 reverencestudios.com  
 5240 Simpson Ferry Road,  
 Mechanicsburg  
 717-649-9888

**Studio '91**  
 studio91.com  
 712 Grantham Road,  
 Mechanicsburg  
 717-691-5567

**The Studio**  
 summerdaledance.com  
 427 N. Enola Road, Enola  
 717-614-1942

**Wevodau Dance Center**  
 wevodaudancecenter.com  
 4830 Carlisle Pike, Mechanicsburg  
 717-761-3301

**DAUPHIN COUNTY**

**One Broadway Dance & Performing Arts Centre**  
 onebroadwaydancecentre.com  
 38 W. Granada Ave., Hershey  
 717-533-1111

**The Richie School of Dance**  
 richieschoolofdance.com  
 515 N. Mountain Road, Harrisburg  
 717-652-7806  
 679 Second St., Highspire  
 717-939-5378

**Sharon's School of Dance**  
 sharonsschoolofdance.net  
 142 Market St., Middletown  
 717-948-0941

**Tap'n'Arts Dance Studio**  
 tapnarts.com  
 24 Colonial Park Mall, Harrisburg  
 717-652-1476

**LANCASTER COUNTY**

**Cricket's Performing Arts**  
 cricketsperformingarts.com  
 1 N. Main St., Manheim  
 717-664-4018

**Encore Dance Center**  
 encoredance.net  
 780 Eden Road, Lancaster  
 717-569-1828

**Dance Dynamix Studio**  
 dancedynamixstudio.com  
 521 E. Main St., Lititz  
 717-626-5093

**Pulse Dance Studio**  
 pulsedancestudio.com  
 22 Wright Ave., Lititz  
 717-627-8573

**Silver Spring Dance Conservatory**  
 ssdcdance.org  
 3730 Marietta Ave., Columbia  
 717-285-0550

**Susquehanna Dance Center**  
 susquedance.com  
 120 College Ave., Mountville  
 717-676-9039

**YORK COUNTY**

**EMC Performing Arts Studio**  
 danceemc.com  
 101 W. Main St., New Freedom  
 717-227-1166

**Greater York Dance Center for Education**  
 gydance.org  
 3524 E. Market St., York  
 717-755-6683

**MgM Dance Studio**  
 mgmdancestudio.com  
 241 N. Main St., Shrewsbury  
 717-227-9488

**Ni Riain School of Irish Dance**  
 irishdanceyork.com  
 18 Belmont St., York  
 717-825-5164

**LIBRARIES**

**CUMBERLAND COUNTY**

**Amelia Givin Library**  
 ameliagivinlibrary.org  
 114 N. Baltimore Ave., Mt. Holly Springs  
 717-486-3688

**Bosler Memorial Library**  
 boslerlibrary.org  
 158 W. High St., Carlisle  
 717-243-4642

**Cleve J. Fredricksen Library**  
 fredricksenlibrary.org  
 100 N. 19th St., Camp Hill  
 717-761-3900

**East Pennsboro Branch Library**  
 eastpennsborobranch.org  
 98 S. Enola Dr., Enola  
 717-732-4274

**John Graham Public Library**  
 cumberlandcountylibraries.org/jgr  
 9 Parsonage St., Newville  
 717-776-5900

**New Cumberland Library**  
 newcumberlandlibrary.org/ncu  
 1 Benjamin Plaza, New Cumberland  
 717-774-7820

**Shippensburg Public Library**  
 shippensburglibrary.org  
 73 W. King St., Shippensburg  
 717-532-4508

**Joseph T. Simpson Public Library**  
 simpsonlibrary.org  
 16 N. Walnut St., Mechanicsburg  
 717-766-0171

**DAUPHIN COUNTY**

**East Shore Area Library**  
 dcls.org/esa  
 4501 Ethel St., Harrisburg  
 717-652-9380

**Elizabethville Area Library**  
 dcls.org/ev  
 80 N. Market St., Elizabethville  
 717-362-9825

**McCormick Riverfront Library**  
 dcls.org/mrl  
 101 Walnut St., Harrisburg  
 717-234-4976

**William H. & Marion C. Alexander Family Library**  
 dcls.org/af  
 200 W. Second St., Hummelstown  
 717-566-0949

**Johnson Memorial Library**  
 dcls.org/joh  
 799 E. Center St., Millersburg  
 717-692-2658

**Kline Branch Library**  
 dcls.org/k  
 530 S. 29th St., Harrisburg  
 717-234-3934

**Madeline L. Olewine Memorial Library**  
 dcls.org/mom  
 2410 N. Third St., Harrisburg  
 717-232-7286

**Northern Dauphin Library**  
dds.org/nd  
683 Main St., Lykens  
717523-0340

### LANCASTER COUNTY

**Adamstown Area Library**  
adamstownarealibrary.org  
3000 N. Reading Road,  
Adamstown  
717-484-4200

**Columbia Public Library**  
columbia.lib.pa.us  
24 S. Sixth St., Columbia  
717-684-2255

**Eastern Lancaster County Library**  
elancolibrary.org  
11 Chestnut Drive, New Holland  
717-354-0525

**Elizabethtown Public Library**  
etownpubliclibrary.org  
10 S. Market St., Elizabethtown  
717-367-7467

**Ephrata Public Library**  
ephratapubliclibrary.org  
550 S. Reading Road, Ephrata  
717-738-9291

**Lancaster Public Library City Branch**  
lancaster.lib.pa.us  
125 N. Duke St., Lancaster  
717-394-2651

**Lancaster Public Library Leola Branch**  
lancaster.lib.pa.us  
46 Hillcrest Ave., Leola  
717-656-7920

**Lancaster Public Library Mountville Branch**  
lancaster.lib.pa.us  
120 College Ave., Mountville  
717-285-3231

**Lititz Public Library**  
lititzlibrary.org  
651 Kissel Hill Road, Lititz  
717-626-2255

**Manheim Community Library**  
manheimlibrary.org  
15 E. High St., Manheim  
717-665-6700

**Manheim Township Public Library**  
mtpl.info  
595 Granite Run Drive, Lancaster  
717-560-6441

**Milanof-Schock Library**  
mslibrary.org  
1184 Anderson Ferry Rd., Mount Joy  
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**Pequea Valley Public Library**  
pvpl.org  
31 Center St., Intercourse  
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### YORK COUNTY

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yorklibraries.org/glen-rock-hufnagel  
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**Dillsburg Area Public Library**  
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yorklibraries.org/dover  
3700-3 Davidsburg Road, Dover  
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**Glatfelter Memorial Library**  
yorklibraries.org/glatfelter  
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**Guthrie Memorial Library**  
yorklibraries.org/hanover-guthrie  
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717-632-5183

**Kaltreider-Benfer Library**  
yorklibraries.org/kaltreider-benfer  
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717-244-2032

**Kreutz Creek Valley Library Center**  
yorklibraries.org/hellam-kreutz-creek  
66 Walnut Springs Rd., Hellam  
717-252-4080

**Martin Library**  
yorklibraries.org/York-martin  
159 E. Market St., York  
717-846-5300

**Mason-Dixon Public Library**  
yorklibraries.org/Stewartstown-mason-dixon  
250 Bailey Drive, Stewartstown  
717-933-2404

**Paul Smith Library of Southern York County**  
yorklibraries.org/shrewsbury-paul-smith  
80 Constitution Ave., Shrewsbury  
717-235-4313

**Red Land Community Library**  
yorklibraries.org/etters-red-land  
48 Robin Hood Drive, Etters  
717-938-5599

**Village Library**  
yorklibraries.org/Jacobus-village  
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## MARTIAL ARTS/ KARATE

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**Carlisle Family YMCA**  
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717-243-2525

**Crone's Tae Kwon Do School**  
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717-691-4116  
Mini Ninjas 3-4 years old, Little Ninjas 5-6 years old, and Tae Kwon Do ages 7 and up.

**Fear Knot Martial Arts for Kidz**  
fearknot-martialarts.com  
4700 Westport Drive,  
Mechanicsburg  
717-361-9788

**Harrisburg Martial Arts Academy**  
hbgtakwondo.com  
3 E. Shady Lane, Enola  
717-732-7000

**Itten Dojo**  
ittendojo.org  
701 W. Simpson St.,  
Mechanicsburg  
717-766-8871

**Tiger Rock Martial Arts**  
keetonstkd.com  
3300 Hartsdale Drive, Camp Hill  
910-320-0537

**West Shore Academy of Martial Arts**  
jungsimdo.com  
3548 Gettysburg Road, Camp Hill  
717-761-3527

**West Shore YMCA**  
ymcaharrisburg.org/westshore  
410 Fallowfield Road, Camp Hill  
717-737-9622

### DAUPHIN COUNTY

**Harrisburg Kung Fu Center**  
hbkgkungfu.com  
2331 Walnut St., Harrisburg  
717-232-6310

**Hershey Karate Club**  
hersheykarate.com  
1132 E. Chocolate Ave., Hershey  
717-469-0881

**Jose Johnson's Chinese Arts & Wellness Center**  
dowellness.com  
2233 Paxton Church Road,  
Harrisburg  
717-540-5345

**Kim Studio of Tae Kwon Do**  
kimstudio.com  
3675 Vartan Way, Harrisburg  
717-652-7700

**Kim's Institute of Martial Arts**  
kimausa.com  
3003 Elizabethtown Road, Hershey  
717-909-5566

### LANCASTER COUNTY

**Fear Knot Martial Arts for Kidz**  
fearknot-martialarts.com  
4 S. Market St., Elizabethtown  
717-361-9788

**Paramount Sports Complex**  
paramountsportscomplex.com  
21 Landings Dr., Palmyra  
717-838-0330

### YORK COUNTY

**Dillsburg Karate Academy**  
dbgkarate.com  
220 S. Second St., Dillsburg  
717-432-7799

**Tang Soo Kim**  
1450 Mount Rose Ave., York  
717-848-5566

**York Shotokan Mixed Martial Arts**  
yorkshotokan.com  
3195 E. Prospect Road, York  
717-757-2529

## MUSIC

### CUMBERLAND COUNTY

**The Chimneys Violin Shop**  
thechimneysviolinshop.com  
614 Lerew Road, Boiling Springs  
717-258-3203

**JW Music**  
jwmusic.com  
331 Market St., Lemoyne  
717-761-8222  
127 N. Hanover St., Carlisle  
717-258-6765

**The Perfect 5th Musical Arts Center**  
theperfect5th.com  
4913 Gettysburg Road,  
Mechanicsburg  
717-691-9100

### DAUPHIN COUNTY

**Forte Music**  
fortemusicpa.com  
550 N. Mountain Road, Harrisburg  
717-657-1400

**Melody Place Studios**  
melodyplacestudios.com  
5814 Jonestown Road, Harrisburg  
717-635-9278

**State Street Academy of Music**  
ssamusic.org  
110 State St., Harrisburg  
717-236-1366

### LANCASTER COUNTY

**Beam's Music Studio**  
beamsmusicstudio.com  
55 New St., Ste. 25, Ephrata  
717-733-8037

**Drums Etc.**  
drumsetc.com  
548 New Holland Ave., Lancaster  
717-394-3786

**Menchy Music Services Inc.**  
mencheymusic.com  
1555 Manheim Pike, Lancaster  
717-569-8100

**Musikgarten of Lancaster**  
musikgartenoflancaster.org  
512 E. Spruce St., New Holland  
717-413-9714

### LEBANON COUNTY

**Community Music Institute of Lebanon Valley College**  
lvc.edu/cmii  
101 N. College Ave., Annville  
717-867-6383

**Marty's Music Store**  
marty's-music.com  
1245 E. Main St., Annville  
717-867-1000

### YORK COUNTY

**Campbell's Music Service**  
campbellsmusic.com  
2361 S. Queen St., York  
717-741-2634

**Hershey Percussion Studio and Shop**  
hersheypercussion.com  
1708 W. Market St., York  
717-846-0642

**Kindermusik at Windham Music Studios**  
windhammusicstudios.com  
Locations in York and Red Lion  
717-817-6586

**Menchey Music Services Inc.**  
mencheymusic.com  
80 Wetzel Drive, Hanover  
717-637-2185

### CENTRAL PA

**Music Together in Susquehanna Valley**  
musictogethersusquehanna.  
yourvirtuoso.com  
Locations across Central Penn.  
717-712-5098

## PERFORMING ARTS

### ADAMS COUNTY

**Majestic Theater**  
gettysburgmajestic.org  
25 Carlisle St., Gettysburg  
717-337-8200

### CUMBERLAND COUNTY

**Allenberry Playhouse**  
allenberry.com/playhouse  
1559 Boiling Springs Road, Boiling Springs  
717-462-4401

**Carlisle Theatre**  
carlisletheatre.org  
40 W High St, Carlisle  
717-240-9070

### DAUPHIN COUNTY

**Gamut Theatre Group**  
gamutplays.org  
15 N. Fourth St., Harrisburg  
717-238-4111

**Open Stage of Harrisburg**  
openstagehbg.com  
25 N. Court St., Harrisburg  
717-232-6736

**Rose Lehrman Arts Center**  
hacc.edu/rfac  
1 HACC Dr., Harrisburg  
717-231-7673

**Theatre Harrisburg**  
theatreharrisburg.com  
513 Hurlock St., Harrisburg  
717-232-5501

**Whitaker Center for Science and the Arts**

whitakercenter.org  
222 Market St., Harrisburg  
717-214-2787

**FRANKLIN COUNTY**

**Totem Pole Playhouse**  
totempoleplayhouse.org  
9555 Golf Course Road,  
Fayetteville  
717-352-2164

**LANCASTER COUNTY**

**American Music Theatre**  
amtshows.com  
2425 Lincoln Hwy. E., Lancaster  
717-397-7700

**Bird-in-Hand Stage**  
bird-in-hand.com  
2760 Old Philadelphia Pike, Bird-  
in-Hand  
717-455-3539  
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**Ephrata Performing Arts Center**  
ephrataperformingartscenter.com  
320 Cocalico St., Ephrata  
717-733-7966

**Fulton Theatre**  
thefulton.org  
12 N. Prince St., Lancaster  
717-397-7425

**Popovsky Performing Arts Studio**  
popovskyperformingarts.com  
245 Butler Ave., Lancaster  
717-517-8543

**The Ware Center**  
artsmu.com  
42 N. Prince St., Lancaster  
717-871-7018

**YORK COUNTY**

**Appell Center for the Performing Arts**  
appellcenter.org  
50 N. George St., York  
717-846-1111

**DreamWrights Youth and Family Theatre**  
dreamwrights.org  
100 Carlisle Ave., York  
717-848-8623

**Eichelberger Performing Arts Center**  
theeich.org  
195 Stock St., Hanover  
717-637-7086

**The Pullo Center**  
pullocenter.york.psu.edu  
1031 Edgecomb Ave., York  
717-505-8900

**York Little Theatre**  
ylt.org  
27 S. Belmont St., York  
717-854-5714

**RECREATION/  
CLUBS**

**CUMBERLAND COUNTY**

**Boy Scouts of America**  
scouting.org  
Keystone Area Council  
1 Baden Powell Lane, Mechanicsburg  
717-766-1591

**Carlisle Family YMCA**  
carlislefamilyymca.org  
311 S. West St., Carlisle  
717-243-2525

**West Shore YMCA**  
ymcaharrisburg.org  
410 Fallowfield Road, Camp Hill  
717-737-9622

**DAUPHIN COUNTY**

**Camp Curtin YMCA**  
ymcaharrisburg.org/campcurtin  
2135 N. Sixth St., Harrisburg  
717-238-9622

**East Shore YMCA**  
ymcaharrisburg.org/eastshore  
701 N. Front St., Harrisburg  
717-232-9622

**Friendship Community Center**  
friendshipcntr.com  
425 Prince St., Harrisburg  
717-657-5635

**Girls Scouts in the Heart of Pennsylvania**  
gshpa.org  
350 Hale Ave., Harrisburg  
717-233-1656

**Jewish Community Center**  
jewishharrisburg.org  
3301 N. Front St., Harrisburg  
717-236-9555

**Northern Dauphin YMCA**  
ymcaharrisburg.org/northerndauphin  
500 N. Church St., Elizabethtown  
717-362-9494

**LANCASTER COUNTY**

**Ephrata Recreation Center**  
ephratarec.com  
130 S. Academy Dr., Ephrata  
717-738-1167

**Lampeter-Strasburg YMCA**  
lancasterymca.org  
800 Village Road, Lancaster  
717-464-4000

**Spooky Nook Sports**  
spookynooksports.com  
2913 Spooky Nook Road, Manheim  
717-945-7087

**YWCA, Lancaster and Millersville Area**  
ywcalancaster.org  
110 N. Lime St., Lancaster  
717-393-1735

**YORK COUNTY**

**York Jewish Community Center**  
yorkjcc.org  
2000 Hollywood Drive, York  
717-843-0918

**York YMCA**  
yorkcoymca.org  
90 N. Newberry St., York  
717-843-7884

**YWCA York**  
ywcayork.org  
320 E. Market St., York  
717-845-2631

**SPORTS/  
FITNESS**

**CUMBERLAND COUNTY**

**Central Penn Youth Soccer League**  
cpysl.net  
4075 Lisburn Road, Mechanicsburg  
717-697-1002

**Central PA Academy of Gymnastics**  
cpagymnastics.com  
85 Gateway Dr., Mechanicsburg  
717-766-1030



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cheertyme.com  
Twin Ponds West  
200 Lambs Gap Road,  
Mechanicsburg  
717-697-8326

**Cumberland Gymnastics**  
cumberlandgymnastics.org  
221 Petersburg Rd., Carlisle  
717-245-0561

**My Gym**  
mygym.com/mechanicsburg  
5103 Carlisle Pike, Mechanicsburg  
717-737-1936

#### DAUPHIN COUNTY

**Artistic Sports Academy Plus**  
artisticsportsacademyplus.com  
20 Bradford Blvd., Harrisburg  
717-540-3547

**Babies at the Barre**  
babiesatthebarre.com  
Camp Hill, Enola, Harrisburg  
717-585-0354

**Capital Area Soccer Association**  
capsoccer.org  
1288 N. Mountain Road, Harrisburg  
717-652-3676

**Gymnastics Center of Hershey**  
gymnasticscenterofhershey.com  
3001 Elizabethtown Road, Hershey  
717-534-1881

#### LANCASTER COUNTY

**Fusion Gymnastics Center**  
fusion-gymnastics.com  
10 Citation Lane, Lititz  
717-560-4978

**Lancaster Youth Soccer Club**  
lysc1.com  
717-393-7339

**Prestige Gymnastics**  
prestigegyms.com  
3549 Hempland Road, Lancaster  
717-285-9009

**Spooky Nook Sports**  
spookynooksports.com  
2913 Spooky Nook Road, Manheim  
717-945-7087

#### YORK COUNTY

**Dillsburg Area Soccer Club**  
dascoccer.org  
717-891-5241

**Gymnastics of York**  
gymnasticsofyork.com  
2615 Course Road, York  
717-378-0101

**Fusion F.C. Soccer**  
fusionfcpa.org  
250 Old Quaker Road, Etters  
717-932-7887

**Tiny Tumblers**  
tinytumblers.net  
221 Pauline Drive, York  
717-332-6157

**York Ice Arena**  
yorkskate.com  
941 Vander Ave., York  
717-848-1084

#### CENTRAL PA

**Soccer Shots**  
soccershots.org  
717-805-1255

# CHILDCARE & PRESCHOOL

#### CUMBERLAND COUNTY

**Bethel Preschool & Daycare**  
bethelpreschoolanddaycare.com  
1412 Holly Pike, Carlisle  
717-249-1327

**CAIU Preschool Program**  
caiu.org/families/preschool  
55 Miller St., Summerdale  
717-732-8400

**Camp Hill United Methodist (CHUM) Preschool**  
chumpreschool.com  
417 S. 22nd St., Camp Hill  
717-737-0262

**Carlisle Early Education Center**  
carlisleearlyeducation.com  
100 E. Pomfret St., Carlisle  
717-243-1528

**Children's Center**  
caccinc.org  
417 S. 22nd St., Camp Hill  
717-737-4515

**Early Childhood Center**  
ecc.ctbc.org  
220 Gettysburg Pike,  
Mechanicsburg  
717-697-0184

**Dickinson College Children's Center**  
dickinson.edu/childrenscenter  
28 Garland Ave., Carlisle  
717-245-1088

**KinderCare Learning Center**  
kindercare.com  
Locations in Camp Hill, Enola &  
Mechanicsburg

**The Goddard School**  
goddardschool.com  
4955 Woodland Drive, Enola  
717-728-3070  
5049 Ritter Rd., Mechanicsburg  
717-766-7680

**Harrisburg Academy**  
harrisburgacademy.org  
10 Erford Road, Wormleysburg  
717-763-7811

**Kids Kountry**  
kidskountrycc.com  
14 Fairfield St., Mt. Holly Springs  
717-486-3124

**Kidz Quarterz Child Care Center**  
kidzquarterz.com  
425 N. 21st St., Camp Hill  
717-975-2320  
5005 Carlisle Pike, Mechanicsburg  
717-737-2047

**Kiddie Academy of Silver Spring Township**  
kiddieacademy.com/  
mechanicsburg  
188 Woods Drive, Mechanicsburg  
717-791-0111

**Learning and Sharing, Inc**  
learningandsharing.com  
335 Front St., New Cumberland  
717-774-6844

**Tender Years Child Development**  
tenderyears.com  
203 House Ave., Camp Hill  
717-761-7113  
201 Bryant St., Mechanicsburg  
717-590-7050

**U-GRO Learning Centres**  
u-gro.com  
100 Mt. Allen Drive,  
Mechanicsburg  
717-796-8157

#### DAUPHIN COUNTY

**Aa to Zz Child Care & Learning Center**  
aatozz.com  
Dauphin and Lebanon counties  
717-566-1488

**The Brenner Family Early Learning Center**  
jewishharrisburg.org/jewish-  
community-center/brenner-family-  
early-learning  
3301 N. Front St., Harrisburg  
717-236-9555

**Bright Beginnings Child Development Center Inc.**  
brightbeginningsinc.com  
98 S. Clover Lane, Harrisburg  
717-671-8810

**Bright Horizons Child Care Center**  
brighthorizons.com  
400 North St., Harrisburg  
717-783-3842  
1500 Elmerton Ave., Harrisburg  
717-777-2309  
160 Alumni Drive, Middletown  
717-948-6128

**Capital Area Head Start**  
keystonehumanservices.org/  
capital-area-head-start/  
3700 Vartan Way, Harrisburg  
717-541-1795

**The Goddard School**  
goddardschool.com  
4397 Sturbridge Drive, Harrisburg  
717-526-0404  
1035 Middletown Road,  
Hummelstown  
717-566-2273

**Linglestown Christian Nursery School**  
linglestownlife.org/ministries/  
nursery-school/about-us  
1430 N. Mountain Rd., Harrisburg  
717-545-3617

**Northern Dauphin Christian School Early Education Center**  
northerndauphinchristian.org  
1072 Rt. 25, Millersburg  
717-692-1940

**St. Mark's Nursery School**  
stmarksharrisburg.org/nursery  
4200 Londonderry Rd., Harrisburg  
717-652-6700

**Tender Years, Inc.**  
tenderyears.com  
50 E. Chocolate Ave., Hershey  
717-533-1466

**U-GRO Learning Centres**  
3 locations in Harrisburg and 1 in  
Hershey

#### LANCASTER COUNTY

**Bright Horizons Child Care Center**  
brighthorizons.com  
Locations across Lancaster County  
717-509-5400

**Elizabethtown Child Care Center**  
etownchildcare.org  
777 S. Mount Joy St.,  
Elizabethtown  
717-361-9824

**Jacob's Ladder Nursery School**  
chestnutlevel.org/jacobs-ladder  
1068 Chestnut Level Road,  
Quarryville  
717-548-1257

**Kindercare Learning Center**  
kindercare.com  
Locations throughout Lancaster  
County

**Lancaster Cooperative Preschool**  
lancastercooperativepreschool.org  
538 W. Chestnut St., Lancaster  
717-393-1733

**Mount Calvary Christian School**  
mcchristianschool.com  
629 Holly St., Elizabethtown  
717-367-1649

**Neffsville Christian Nursery School**  
neffsvillechristianpreschool.com  
2660 Lititz Pike, Lancaster  
717-560-5575

**Noah's Ark Preschool & Rainbow Tots**  
noahsarkhempfield.com  
3050 Marietta Ave., Lancaster  
717-285-7110

**St. Peter's Preschool**  
stpeterslutheran.org/preschool  
10 Delp Road, Lancaster  
717-569-9211

**STARS Preschool & Schreiber Day Care**  
schreiberpediatric.org/stars  
625 Community Way, Lancaster  
717-393-0425

**U-GRO Learning Centres**  
u-gro.com  
Locations in Elizabethtown,  
Hempfield, Lancaster, Lititz and  
Rohrerstown

**Wee Care Day School**  
weecaredayschool.com  
1575 State St., East Petersburg  
717-569-7930

**WonderKids Medical Daycare**  
wonderkidsmedicaldaycare.com  
647 E. Roseville Road, Lancaster  
717-617-2021

#### LEBANON COUNTY

**Jack and Jill Preschool & Kindergarten**  
jackandjillschool.org  
280 Hillcrest Road, Lebanon  
717-272-3588

**U-GRO Learning Centres**  
u-gro.com  
825 Helen Drive, Lebanon  
717-274-2222

#### YORK COUNTY

**Aa to Zz Child Care & Learning Center**  
aatozz.com  
3350 Alta Vista Road, Dover  
717-767-4043  
2498 W. Philadelphia St., West  
York  
717-792-6700  
215 St. Charles Way, York  
717-741-5426

**Child Care Consultants, Inc.**  
childcareconsultants.org  
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**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-650-8762 (TTY: 1-800-361-2629).

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-650-8762 (телетайп: 1-800-361-2629).

**The Child Education Center**  
westyorkcob.org/preschool  
5101 Darlington Road, York  
717-792-9260

**Kindercare Learning Center**  
kindercare.com  
120 S. Northern Way, York  
717-755-2821  
1540 Rodney Road, York  
717-764-4721

**Faith & Fun Christian Preschool**  
faithfun.net  
473 Plank Road, New Freedom  
717-235-4029

**Grace Academy Preschool**  
graceacademyofyork.com  
3930 Farm Drive, York  
717-755-6438

**Head Start of York County**  
headstartofyorkcounty.org  
226 E. College Ave., York  
717-846-4600

**JCC Early Childhood Center**  
yorkjcc.org  
2000 Hollywood Drive, York  
717-843-0918

**Keystone Kids Early Learning Center**  
keystonekids.com  
140 Fairview Court, New Freedom  
717-235-5888

**Kidsville Junction Childcare & Preschool**  
kidsvillejunction.com  
89 Hunt Club Road., Fawn Grove  
717-382-9380  
300 Bailey Drive, Stewartstown  
717-993-9380

**Rainbow Junction Child Care Center**  
zionumcyork.org/rainbow-junction-daycare  
1030 Carlisle Ave., York  
717-843-8414

**St. Paul's Lutheran Preschool**  
stpaulspreschoolyork.com  
25 W. Springettsbury Ave., York  
717-854-1996

**St. Joseph Roman Catholic School**  
school.sjdrc.org  
271 East Main St., Dallastown  
717-244-9386

**St. Joseph School**  
sjyschool.com  
2945 Kingston Road, York  
717-755-1797

**U-GRO Learning Centres**  
u-gro.com  
1321 N. Sherman St., York  
717-757-5900

**YWCA Early Learning Center**  
ywcayork.org  
320 E Market St., York  
717-845-2631

# EDUCATION

## CHARTER SCHOOLS

### DAUPHIN COUNTY

**CASA (Capital Area School for the Arts) Charter School**  
casa-arts.org  
150 Strawberry Square,  
Harrisburg  
717-732-8450

**Infinity Charter School**  
infinityschool.org  
5405 Locust Lane, Harrisburg  
717-238-1880

**Sylvan Heights Science Charter School**  
shscs.org  
915 S. 13<sup>th</sup> St., Harrisburg  
717-232-9220

### LANCASTER COUNTY

**La Academia: The Partnership Charter School**  
lapcs.org  
30 N. Ann St., Lancaster  
717-295-7763

### YORK COUNTY

**Lincoln Charter School**  
lincolncharterpa.com  
559 W. King St., York  
717-699-1573

**York Academy Regional Charter**  
yorkacademy.com  
Lower School: 32 W. North St., York  
717-801-3900  
Upper School: 2 Hamilton St., York  
717-900-5001

## CYBER CHARTER SCHOOLS

**21st Century Cyber Charter School**  
21cccs.org  
877-932-2923

**Agora Cyber Charter School**  
agora.org  
844-402-4672

**Commonwealth Charter Academy**  
ccaeducate.me  
844-590-2864

**K12**  
k12.com/pa  
844-624-8232

**PA Distance Learning Charter School**  
padistance.org  
888-997-3352

**PA Leadership Charter School**  
palcs.org  
610-701-3333

**PA Virtual Charter School**  
pavcsk12.org  
866-728-2751

**Pennsylvania Cyber Charter School**  
pacyber.org  
888-722-9237

**SusQ-Cyber Charter School**  
susqcyber.org  
866-370-1226

## LEARNING SUPPORT

### DAUPHIN COUNTY

**Huntington Learning Center**  
huntingtonhelps.com  
5094-D Jonestown Road,  
Harrisburg  
717-657-1911

**Keystone Human Services**  
keystonehumanservices.org  
124 Pine St., Harrisburg  
717-232-7509

**New Story**  
newstory.com  
2700 Commerce Drive, Harrisburg  
877-901-9905

### LANCASTER COUNTY

**SpeechCare**  
speechcare.com  
2137 Embassy Drive, Lancaster  
717-569-8972

**Your Language Connection**  
yourlanguageconnection.com  
Lancaster  
717-371-9144

### YORK COUNTY

**Brain Balance Center of York**  
brainbalancecenters.com/locations/york  
2300 Carlisle Road, York  
717-793-3684

**Enlightened Learning**  
enlightenedlearning.org  
1446 Baltimore St., Hanover  
717-630-8218

## PRIVATE SCHOOLS

**Catholic Schools in Central PA**  
hbgdiocese.org/catholic-schools/find-catholic-school  
717-657-4804

### CUMBERLAND COUNTY

**Carlisle Christian Academy**  
carlislechristian.org  
1412 Holly Pike, Carlisle  
717-249-3692

**Good Shepherd School**  
gsschpa.org  
3400 Market St., Camp Hill  
717-737-7261

**Harrisburg Academy**  
harrisburgacademy.org  
10 Erford Road, Wormleysburg  
717-763-7811

**Heritage Christian Academy**  
gohca.org  
4681 E. Trindle Road,  
Mechanicsburg  
717-761-7000

**St. Joseph School**  
sjsmch.org  
420 E. Simpson St.,  
Mechanicsburg  
717-766-2564

**St. Patrick School**  
spscarlisle.org  
87 Marsh Drive, Carlisle  
717-249-4826

**St. Theresa School**  
sainttheresaschool.org  
1200 Bridge St., New Cumberland  
717-774-7464

**Trinity High School**  
thsrocks.us  
3601 Simpson Ferry Road, Camp Hill  
717-761-1116

**West Shore Christian Academy**  
westshorechristian.org  
201 W. Main St., Shiremanstown  
717-737-3550

### DAUPHIN COUNTY

**Bishop McDevitt High School**  
bishopmcdevitt.org  
1 Crusader Way, Harrisburg  
717-236-7973

**Catholic Diocese of Harrisburg**  
hbgdiocese.org/schools  
4800 Union Deposit Road,  
Harrisburg  
717-657-4804

**The Circle School**  
circleschool.org  
727 Wilhelm Road, Harrisburg  
717-564-6700

**Covenant Christian Academy**  
discovercovenant.com  
1982 Locust Lane, Harrisburg  
717-540-9885

**East Shore Montessori School**  
eastshoremontessori.org  
6130 Jonestown Road, Harrisburg  
717-545-7748

**Harrisburg Christian School**  
harrisburgchristian.com  
2000 Blue Mountain Pkwy.,  
Harrisburg  
717-545-3728

**Holy Name of Jesus School**  
holynameofjesus.com  
6150 Allentown Blvd., Harrisburg  
717-652-4211

**Lancaster Mennonite Hershey**  
lancastermennonite.org  
1525 Sand Hill Road, Hummelstown  
717-533-4900

**Northern Dauphin Christian School**  
northernndauphinchristian.org  
1072 Route 25, Millersburg  
717-692-1940

**Seven Sorrows of the Blessed Virgin Mary School**  
sevensorrows.org  
360 E. Water St., Middletown  
717-944-5371

**St. Catherine Laboure School**  
schhbg.org/school  
4020 Derry St., Harrisburg  
717-564-1760

**St. Joan of Arc School**  
school.stjoanhershey.org  
329 W. Areba Ave., Hershey  
717-533-2854

**St. Margaret Mary School**  
stmmparishschool.org  
2826 Herr St., Harrisburg  
717-232-3771

**St. Stephen's Episcopal School**  
sseschool.org  
215 N. Front St., Harrisburg  
717-238-8590

**Vista School**  
thevistaschool.org  
1021 Springboard Drive, Hershey  
717-583-5102

**The Silver Academy**  
silveracademypa.org  
3301 N. Front St., Harrisburg  
717-238-8775

### LANCASTER COUNTY

**Dayspring Christian Academy**  
dayspringchristian.com  
120 College Ave., Mountville  
717-285-2000

**Ephrata Mennonite School**  
ephratamennonite.com  
598 Stevens Road, Ephrata  
717-738-4266

**The Janus School**  
thejanusschool.org  
205 Lefever Road, Mount Joy  
717-653-0025

**Lancaster Catholic High School**  
lchsyes.org  
650 Juliette Ave., Lancaster  
717-509-0315

**Lancaster Country Day School**  
lancastercountryday.org  
725 Hamilton Road, Lancaster  
717-392-2916

**Lancaster County Christian School**  
lccs.cc  
2390 New Holland Pike,  
Lancaster  
717-556-0711

**Lancaster Mennonite School**  
lancastermennonite.org  
5 campuses in Central PA  
717-509-4459

**Linden Hall**  
lindenhall.org  
212 E. Main St., Lititz  
717-626-8512

**Lititz Area Mennonite School**  
lams.info  
1050 E. Newport Road, Lititz  
717-626-9551

**Lititz Christian School**  
litzchristian.net  
501 W. Lincoln Ave., Lititz  
717-626-9518

**Manheim Christian Day School**  
manheimchristian.org  
686 Lebanon Road, Manheim  
717-665-4300

**Montessori Academy of Lancaster**  
montlanc.com  
2750 Weaver Road, Lancaster  
717-560-0815

**Mount Calvary Christian School**  
mcchristianschool.com  
629 Holly St., Elizabethtown  
717-367-1649

**The New School of Lancaster**  
newschool.net  
935 Columbia Ave.,  
Lancaster  
717-397-7655

**Our Lady of the Angels**  
ourladyoftheangels.org  
404 Cherry St., Columbia  
717-684-2433

**Our Mother of Perpetual Help School**  
omph.org  
330 Church Ave., Ephrata  
717-738-2414

**St. Anne School**  
stannelancaster.org  
108 E. Liberty St., Lancaster  
717-394-6711

**St. Leo the Great School**  
stleoschool.com  
2427 Marietta Ave.,  
Lancaster  
717-394-1742

**Susquehanna Waldorf School Inc.**  
susquehannawaldorf.org  
15 W. Walnut St., Marietta  
717-426-4506

**Veritas Academy**  
veritasacademy.com  
26 Hillcrest Ave., Leola  
717-556-0690

## YORK COUNTY

**Bible Baptist Christian Academy**  
bbcayork.com  
4190 Susquehanna Trail N.,  
York  
717-266-2544

**Christian School of York**  
csyonline.com  
907 Greenbriar Road, York  
717-767-6842

**Shrewsbury Christian Academy**  
scaonline.org  
701 Windy Hill Road, New  
Freedom  
717-235-5763

**St. Patrick Catholic School**  
school.stpatrickyork.org  
235 South Beaver St., York  
717-854-8263

**St. Rose of Lima School**  
stroseschoolpa.org  
115 N. Bieseker Road, Thomasville  
717-792-0889

**York Catholic High School**  
yorkcatholic.org  
601 E. Springettsbury Ave., York  
717-846-8871

**York Country Day School**  
ycds.org  
1000 Indian Rock Dam Road, York  
717-815-6700

## SUPPORT/SERVICES

**Margaret J. Kay, Ed.D., Licensed Psychologist and School Psychologist**  
MargaretKay.com  
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sylvanlearning.com  
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85% of our Elementary students score above the national average in Math.

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# FAMILY FUN

## AMUSEMENT PARKS

**Dutch Wonderland Family Amusement Park**  
dutchwonderland.com  
2249 Lincoln Highway E., Lancaster  
866-386-2839

**Dorney Park/ Wildwater Kingdom**  
dorneypark.com  
3830 Dorney Park Road, Allentown  
610-395-3724

**Hersheypark**  
hersheypark.com  
100 W. Hersheypark Drive,  
Hershey  
717-534-3100

**Knoebels Amusement Resort**  
knoebels.com  
391 Knoebels Blvd., Elysburg  
800-487-4386

**Sesame Place**  
sesameplace.com  
100 Sesame Road, Langhorne  
866-464-3566

## ANIMALS/ ZOOS

**Hershey Gardens & Butterfly Atrium**  
hersheygardens.org  
170 Hotel Road, Hershey  
717-534-3492

**Lake Tobias Wildlife Park**  
laketobias.com  
760 Tobias Road, Halifax  
717-362-9126

**Land of Little Horses**  
landoflittlehorses.com  
125 Glenwood Drive, Gettysburg  
717-334-7259

**Wolf Sanctuary of Pennsylvania**  
wolfsancta.org  
465 Speedwell Forge Road, Lititz  
717-626-4617

**ZooAmerica**  
zooamerica.com  
100 W. Hersheypark Drive,  
Hershey  
717-534-3900

## BIRTHDAY PARTIES

**The Balunguy**  
thebalunguy.com  
717-330-6148

**Chuck E. Cheese**  
chuckecheese.com

**GIANT Food Stores**  
giantfoodstores.com

**Grand Slam Inflatables & Games**  
grandslaminflatables.com  
717-232-4727

**Monkey Joe's**  
monkeyjoes.com  
3608 Hartzdale Drive, Camp Hill  
717-635-8300

**My Fantasy Party (Princesses and Superheroes)**  
myfantasyparty.com  
603-496-3692

**The Pennsylvania Bakery**  
pabakery.com  
1713 Market St., Camp Hill  
717-763-7755

**Red Brick Bakery**  
redbrickbakery.com  
55 N. Main St., Red Lion  
717-332-7427

**Roundtop Mountain Resort**  
skiroundtop.com  
925 Roundtop Road, Lewisberry  
717-432-9631

**Splat! Studio**  
splatfamilyart.com  
21 E. Main St., Annville  
717-685-1681

**Sweet Confections Cakes**  
sweetconfectionscakes.com  
4713 Queen Ave., Harrisburg  
717-671-7111

**Tents & Events**  
tentsandeventsannville.com  
955 E. Main St., Annville  
717-867-7560

**Tiny Town**  
tinytownpa.com  
533 Janet Ave., Lancaster  
717-947-7350

## HISTORY, SCIENCE AND MORE

**B&O Railroad Museum**  
borail.org  
901 W. Pratt St., Baltimore, Md.  
410-752-2490  
The B&O Railroad brings alive the magic and adventure of railroading. This historic national landmark allows you to see, touch, hear and explore the most important railroad collection in all of America.

**The Crayola Factory**  
crayolaexperience.com  
30 Center Square, Easton  
610-515-8000

**Eisenhower National Historic Site**  
nps.gov/eise  
1195 Baltimore St., Gettysburg  
717-338-9114

**Gettysburg National Military Park**  
nps.gov/gett  
1195 Baltimore St., Gettysburg  
717-334-1124

**Maryland Science Center**  
mdsci.org  
601 Light St., Baltimore, Md.  
410-685-2370

**Please Touch Museum**  
pleasetouchmuseum.org  
4231 Avenue of the Republic,  
Philadelphia  
215-581-3181

**Port Discovery**  
portdiscovery.org  
35 Market Pl., Baltimore Md.  
410-727-8120

**World of Little League: Peter J. McGovern Museum**  
litttleleague.org/world-of-little-league  
525 Montgomery Pike, South Williamsport  
570-326-3607

### CUMBERLAND COUNTY

**Army Heritage & Education Center**  
armyheritage.org  
950 Soldiers Drive, Carlisle  
717-258-1102

**Cumberland County Historical Society Museum**  
historicalsociety.com  
21 N. Pitt St., Carlisle  
717-249-7610

**The Oakes Museum of Natural History**  
messiah.edu/oakes  
Messiah College, Grantham  
717-691-6082

### DAUPHIN COUNTY

**Antique Auto Museum**  
aacamuseum.org  
161 Museum Drive, Hershey  
717-566-7100

**Fort Hunter Mansion & Park**  
forthunter.org  
5300 N. Front St., Harrisburg  
717-599-5751

**The Hershey Story**  
hersheystory.org  
63 W. Chocolate Ave., Hershey  
717-534-3439

**Hershey's Chocolate World**  
hersheys.com/chocolateworld  
251 Park Blvd., Hershey  
717-534-4900

**Middletown & Hummelstown Railroad**  
mhrailroad.com  
136 Brown St., Middletown  
717-944-4435

**National Civil War Museum**  
nationalcivilwarmuseum.org  
1 Lincoln Circle, Reservoir Park,  
Harrisburg  
717-260-1861

**Ned Smith Center for Nature and Art**  
nedsmithcenter.org  
176 Water Company Road, Millersburg  
717-692-3699

**Pennsylvania State Capitol**  
pacapitol.com  
300 N. Third St., Harrisburg  
717-787-4980

**Pride of the Susquehanna**  
harrisburgriverboat.com  
11 Championship Way, Harrisburg  
717-234-6500

**State Museum of PA & Planetarium**  
statemuseumpa.org  
300 North St., Harrisburg  
717-787-4980

**Whitaker Center for Science & the Arts**  
whitakercenter.org  
222 Market St., Harrisburg  
717-214-2787

### LANCASTER COUNTY

**1719 Hans Herr House**  
hansherr.org  
1849 Hans Herr Drive, Willow Street  
717-464-4438

**Bird-in-Hand Stage**  
bird-in-hand.com  
2760 Old Philadelphia Pike, Bird-in-Hand  
717-455-3539  
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**Choo Choo Barn**  
choochoobarn.com  
226 Gap Road, Strasburg  
717-687-7911

**Hands-on House Children's Museum**  
handsonhouse.org  
721 Landis Valley Road, Lancaster  
717-569-5437

**James Buchanan's Wheatland**  
lancasterhistory.org  
1120 Marietta Ave., Lancaster  
717-392-4622

**Julius Sturgis Pretzel Bakery**  
juliussturges.com  
219 E. Main St., Lititz  
717-626-4354

**Lancaster Science Factory**  
lancastersciencefactory.org  
454 New Holland Ave., Lancaster  
717-509-6363

**Landis Valley Museum**  
landisvalleymuseum.org  
2451 Kissel Hill Road, Lancaster  
717-569-0401

**National Toy Train Museum**  
ntnmuseum.org  
300 Paradise Lane, Strasburg  
717-687-8976

**National Watch and Clock Museum**  
nawcc.org/index.php/museum  
514 Poplar St., Columbia  
717-684-8261

**North Museum of Natural History & Science**  
northmuseum.org  
400 College Ave., Lancaster  
717-358-3941

**Railroad Museum of Pennsylvania**  
rrmuseumpa.org  
300 Gap Road, Strasburg  
717-687-8628

**Winters Heritage House Museum**  
elizabethtownhistory.org  
47 E. High St., Elizabethtown  
717-367-4672

### YORK COUNTY

**Agricultural and Industrial Museum**  
yorkheritage.org  
250 E. Market St., York  
717-848-1587

**Indian Steps Museum**  
indiansteps.org  
205 Indian Steps Road, Airville  
717-862-3948

**Police Heritage Museum**  
policeheritagemuseum.com  
54 W. Market St., York  
717-845-3611



**York County History Center**  
yorkhistorycenter.org  
250 E. Market St., York  
717-848-1587  
Experience 300 years of York County history through interactive programs, activities and exhibits.

## NATURE

**Crystal Cave**  
crystalcavepa.com  
963 Crystal Cave Road, Kutztown  
610-683-6765

**Hawk Mountain Sanctuary**  
hawkmountain.org  
1700 Hawk Mountain Road, Kempton  
610-756-6961

**Hershey Gardens**  
hersheygardens.org  
170 Hotel Road, Hershey  
717-534-3492

**Indian Echo Caverns**  
indianechocaverns.com  
368 Middletown Road, Hummelstown  
717-566-8131

**Ned Smith Center for Nature & Art**  
nedsmithcenter.org  
176 Water Company Road, Millersburg  
717-692-3699

**Susquehanna River Valley Visitors Bureau**  
visitcentralpa.org  
81 Hafer Road, Lewisburg  
800-525-7320

## PERFORMING ARTS THEATERS

**Majestic Theater**  
gettysburgmajestic.org  
25 Carlisle St., Gettysburg  
717-337-8200

**Totem Pole Playhouse**  
totempoleplayhouse.org  
9555 Golf Course Road, Fayetteville  
717-352-2164

### CUMBERLAND COUNTY

**Allenberry Playhouse**  
allenberry.com/playhouse  
1559 Boiling Springs Road, Boiling Springs  
717-462-4401

**Carlisle Theatre**  
carlisletheatre.org  
40 W High St., Carlisle  
717-240-9070

**H. Ric Luhrs Performing Arts Center**  
luhrscenter.com  
1871 Old Main Drive, Shippensburg  
717-477-7469

### DAUPHIN COUNTY

**Gamut Theatre Group**  
gamutplays.org  
15 N. Fourth St., Harrisburg  
717-238-4111

**Hershey Theatre**  
hersheyentertainment.com/hershey-theatre  
15 E Caracas Ave., Hershey  
717-534-3911

**Open Stage of Harrisburg**  
openstagehbg.com  
223 Walnut St., Harrisburg  
717-232-6736

**Rose Lehrman Arts Center**  
hacc.edu/rlac  
1 HACC Dr., Harrisburg

**Theatre Harrisburg**  
theatreharrisburg.com  
513 Hurlock St., Harrisburg  
717-232-5501

**Whitaker Center for Science and the Arts**  
Whitakercenter.org  
222 Market St., Harrisburg  
717-214-2787

### LANCASTER COUNTY

**American Music Theatre**  
amtshows.com  
2425 Lincoln Hwy. E., Lancaster  
717-397-7700  
American Music Theatre is the only theatre of its kind in the country that features both touring concerts and original shows. Our 1,600-seat theatre hosts more than 300 live performances a year. Enjoy the show!

**Dutch Apple Dinner Theatre**  
dutchapple.com  
510 Centerville Road, Lancaster  
717-898-1900

**Ephrata Performing Arts Center**  
ephrataperformingartscenter.com  
320 Cocalico St., Ephrata  
717-733-7966

**Fulton Theatre**  
thefulton.org  
12 N. Prince St., Lancaster  
717-397-7425

**Lancaster Marionette Theatre**  
hiwpuppets.org  
126 N. Water St., Lancaster  
717-394-8398

**Popovsky Performing Arts Studio**  
popovskyperformingarts.com  
245 Butler Ave., Lancaster  
717-517-8543

**Sight & Sound Theatres**  
sight-sound.com  
300 Hartman Bridge Road, Ronks  
800-377-1277

**The Ware Center**  
artsmu.com  
42 N. Prince St., Lancaster  
717-871-7018

### YORK COUNTY

**Appell Center for the Performing Arts**  
appellcenter.org  
50 N. George St., York  
717-846-1111

**The Belmont Theatre**  
thebelmont.org  
27 S. Belmont St., York  
717-854-5714

**DreamWrights Youth and Family Theatre**  
dreamwrights.org  
100 Carlisle Ave., York  
717-848-8623

**Eichelberger Performing Arts Center**  
theeich.org  
195 Stock St., Hanover  
717-637-7086

**The Pullo Center**  
pullocenter.york.psu.edu  
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# RECREATION/ SPORTS CENTERS

## CUMBERLAND COUNTY

**Carlisle Sports Emporium**  
carlisesportemporium.com  
29 South Middlesex Road, Carlisle  
717-258-4741

**Climbnasium Inc.**  
climbnasium.net  
339A N. Locust Point  
Road, Mechanicsburg  
717-795-9580

**The Coliseum**  
coliseumfun.com  
410 St. John's Church Rd. Camp Hill  
717-972-1000

**Monkey Joe's**  
monkeyjoes.com  
3608 Hartzdale Drive, Camp Hill  
717-635-8300

**SkyZone Indoor Trampoline Park**  
skyzone.com/harrisburg  
95 Gateway Drive, Mechanicsburg  
717-208-8908

**Tumble Town**  
tumbletownyork.com  
Colonial Park Mall, Harrisburg  
717-412-4711

## DAUPHIN COUNTY

**Adventure Sports in Hershey**  
adventurehershey.com  
3010 Elizabethtown Road, Hershey  
717-533-7479

**Challenge Family Fun Center**  
challengefamilyfun.com  
366 Middletown Road,  
Hummelstown  
717-566-6322

**Doc's Family Fun Center**  
docsfamilyfuncenter.com  
1733 E. Harrisburg Pike, Middletown  
717-944-7866

## LANCASTER COUNTY

**Laserdome**  
laserdome.com  
2050 Auction Road, Manheim  
717-492-0002

**SkyZone Indoor Trampoline Park**  
skyzone.com/lancaster  
1701 Hempstead Road, Lancaster  
717-208-8922

**Spooky Nook Sports**  
spookynooksports.com  
75 Champ Blvd., Manheim  
717-945-7087

## YORK COUNTY

**Speedway 94**  
speedway94.com  
1724 Hanover St., Hanover  
717-632-1040

**Tumble Town**  
tumbletownyork.com  
2899 Whiteford Road, York  
717-600-2363

**York Ice Arena**  
yorkskate.com  
941 Vander Ave., York  
717-848-1084

# SPECTATOR SPORTS

**Penn FC**  
pennfc.com  
FNB Field, City Harrisburg  
717-441-4625

**Harrisburg Senators**  
senatorsbaseball.com  
City Island, Harrisburg  
717-231-4444

**Hershey Bears Hockey**  
hersheybears.com  
550 W. Hersheypark Drive, Hershey  
717-534-3380

**Lancaster Barnstormers**  
lancasterbarnstormers.com  
650 N. Prince St., Lancaster  
717-509-4487

**Williams Grove Speedway**  
williamsgrrove.com  
1 Speedway Drive, Mechanicsburg  
717-697-5000

**York Revolution Baseball**  
yorkrevolution.com  
5 Brooks Robinson Way, York  
717-801-4487

## STATE PARKS

**Caledonia State Park**  
dcnr.state.pa.us  
101 Pine Grove Road, Fayetteville  
717-352-2161

**Codorus State Park**  
dcnr.state.pa.us  
2600 Smith Station Road, Hanover  
717-637-2816

**Colonel Denning State Park**  
dcnr.state.pa.us  
1599 Doubling Gap Road, Newville  
717-776-5272

**Cowan's Gap State Park**  
dcnr.state.pa.us  
6235 Aughwick Road, Fort Loudon  
717-485-3948

**Gifford Pinchot State Park**  
dcnr.state.pa.us  
2200 Rosstown Road, Lewisberry  
717-432-5011

**Kings Gap Environmental  
Education Center**  
dcnr.state.pa.us  
500 Kings Gap Road, Carlisle  
717-486-5031

**Little Buffalo State Park**  
dcnr.state.pa.us  
1579 State Park Road, Newport  
717-567-9255

**Pine Grove Furnace State Park**  
dcnr.state.pa.us  
1100 Pine Grove Road, Gardners  
717-486-7174

**Samuel S. Lewis State Park**  
dcnr.state.pa.us  
Mt. Pisgah Road, Lewisberry  
717-252-1134

**Susquehannock State Park**  
dcnr.state.pa.us  
1800 Park Drive, Drumore  
717-548-3361

# FAMILY SERVICES

## ADOPTION

**Adoptions from the Heart**  
afth.org  
717-399-7766

**Adoption Links at Jewish Family  
Service of Greater Harrisburg Inc.**  
jfsophbg.org  
3333 N. Front St., Harrisburg  
717-233-1681

**Adoption Network Law Center**  
adoptionnetwork.com  
866-607-9851

**Adoption Services Inc.**  
adoptionsservices.org  
800-943-0400

**Bethany Christian Services**  
bethany.org  
2101 N. Front St., Harrisburg  
717-238-3549  
1681 Crown Ave., Lancaster  
717-399-3213  
25 N. Duke St., York  
717-799-1616

**Catholic Charities Adoption &  
Foster Care**  
cchbg.org  
4800 Union Deposit Road,  
Harrisburg  
717-657-4804

**Children's Home of York**  
choyork.org  
77 Shoe House Road, York  
717-755-1033, ext. 411

**Diakon Adoption & Foster Care**  
diakon.org/adoption

**Penn. Dept. of Welfare Statewide  
Adoption and Permanency  
Network**  
adoptpakids.org  
800-585-7986

## BANKS/ FINANCIAL SERVICES

**AmeriChoice FCU**  
americhoice.org  
717-697-3474

**BB&T**  
bbt.com  
800-226-5228

**First National Bank**  
fnb-online.com  
800-555-5455

**Fulton Bank**  
fultonbank.com  
Lancaster  
800-385-8664



**Hershey Federal Credit Union**  
hershefcbu.org  
232 Hershey Road, Hummelstown  
717-533-9174  
Serving Central PA since 1949.

**Members 1<sup>st</sup> Federal Credit Union**  
members1st.org  
800-283-2328  
Full-service financial institution  
located throughout Central PA.  
Offers products and services for  
personal and business accounts.

**PNC Bank**  
pnc.com  
888-PNC-BANK

**PSECU**  
psecu.com  
Harrisburg  
800-237-7328

## MOM & DAD CLUBS

### CUMBERLAND COUNTY

**Keystone Mothers of Multiples**  
keystonemom.org

**Mothers of Preschoolers (MOPS)**  
mops.org/groups/dacamphill  
Women's Plaza  
2645 Lisburn Road, Camp Hill

**New Mom Network**  
pinnaclehealth.org/maternity  
Camp Hill GIANT Super Food  
Stores  
717-231-8900

**Om Baby Pregnancy & Parenting  
Center**  
ombabycenter.com  
2201 Market St., Camp Hill  
717-761-4975

### DAUPHIN COUNTY

**Keystone Mothers of Multiples**  
keystonemom.org

**Mothers of Preschoolers (MOPS)**  
mops.org/groups/svefc  
Susquehanna Valley Evangelical  
Free Church  
6433 Union Deposit Road,  
Harrisburg  
717-545-2188

**Parent to Parent of Pennsylvania**  
parenttoparent.org  
717-540-4722

### LANCASTER COUNTY

**Mothers of Preschoolers (MOPS)**  
mops.org/groups/bellevue-  
presbyterian-church  
Bellevue Presbyterian Church  
810 Newport Ave., Gap

### YORK COUNTY

**MOMS Club of Central York**  
momsclubofcentrallyorkpa.  
googlepages.com

**MOMS Club of Southern York  
County**  
southernyorkcounty.com/org/  
momsclubofysc

**York White Rose Mothers of  
Twins & Triplets**  
twinmomsclub.com

## PHOTOGRAPHERS

**Kara Clouse**  
**Conte Photography**  
 contephoto.com  
 900 Lambs Gap Road, Hampden Township  
 717-795-0563

**Kate Greenawalt Photography**  
 kategreenawaltphotography.com  
 717-503-6312

**Christine Hsieh Photography**  
 christinehsiehphotography.com  
 1003 N. George St., York, PA  
 717-487-7917

**Mudpies N Butterflies**  
 mudpiesnbutterfliesstudios.com  
 4044 Carlisle Road, Dover  
 717-650-2694

**Chrissy Smith Photography**  
 twistedimagesphotography.com  
 866-464-2734

**Deborah Swanger Photography**  
 deborahswanger.com  
 206 E. Main St., Mt. Joy  
 717-653-6774

**Karissa Zimmer Photography**  
 karissazimmer.com  
 717-991-7414

## SUPPORT

**Bethesda Mission**  
 www.bethesdamission.org  
 Harrisburg  
 717-257-4442  
 Providing hope and healing to hurting and  
 homeless people in the Greater Harrisburg  
 area since 1914.

**Big Brothers Big Sisters of the Capital  
 Region**  
 capbigs.org  
 1500 N. Second St., Harrisburg  
 717-236-0199

**Big Brothers Big Sisters of York & Adams  
 Counties**  
 bbbsyorkadams.org  
 717-843-0051

**The Diocese of Harrisburg**  
 www.hbgdiocese.org  
 4800 Union Deposit Road, Harrisburg  
 717-657-4804

**Keystone Human Services**  
 keystonehumanservices.org  
 124 Pine St., Harrisburg  
 717-232-7509

**United Way of the Capital Region**  
 uwcr.org  
 2235 Millennium Way, Enola  
 717-732-0700

**United Way of Carlisle & Cumberland  
 County**  
 carlisleunitedway.org  
 145 S. Hanover St., Carlisle  
 717-243-4805

**United Way of Lancaster County**  
 uwlanc.org  
 630 Janet Ave., Lancaster  
 717-394-0731

**United Way of Lebanon County**  
 unitedwaylebco.org  
 801 Cumberland St., Lebanon  
 717-273-8144

**United Way of York County**  
 unitedway-york.org  
 800 E. King St., York  
 717-843-0957

# FOOD & DINING

## GROCERY STORES/ MARKETS

### MULTIPLE LOCATIONS

**GIANT Food Stores**  
 giantfoodstores.com

**Stauffers of Kissel Hill Super Markets**  
 skh.com

**Turkey Hill Dairy**  
 turkeyhill.com

**Walmart**  
 walmart.com

**Wegmans**  
 wegmans.com

**Weis Markets**  
 weismarkets.com

### CUMBERLAND COUNTY

**Karns Foods**  
 karnsfoods.com

### DAUPHIN COUNTY

**Strites Orchard Farm Market & Bakery**  
 stritesorchard.com  
 1000 Strites Rd., Harrisburg  
 717-564-3130

### LANCASTER COUNTY

**Lancaster Farm Fresh Co-Op**  
 lancasterfarmfresh.com  
 201 Running Pump Road, Lancaster  
 717-656-3533  
 Local, fresh, organic fruits, veggies and  
 produce through our community-supported  
 Agriculture and Wholesale programs.

### YORK COUNTY

**Brown's Orchards & Farm Markets**  
 brownsorchards.com  
 8892 Susquehanna Trail S., Loganville  
 717-428-2036

**Flinchbaugh's Orchard and Farm Market**  
 flinchbaughsorchard.com  
 110 Ducktown Road, Hellam  
 717-252-2540

## RESTAURANTS/ SNACKS

### CUMBERLAND COUNTY

**Colony House Family Restaurant**  
 thecolonyhouse.net  
 125 W. Main St., Mechanicsburg  
 717-691-3131

**Fairgrounds Diner**  
 1111 Carlisle Springs Road, Carlisle  
 717-249-2004

**Hamilton Restaurant**  
 55 W. High St., Carlisle  
 717-249-4410

**Horner's Corner BBQ**  
 hornerscornerbbq.com  
 1900 Spring Rd., Carlisle  
 717-258-4227

**Leo's Homemade Ice Cream**  
 www.leoshomemadeicecream.com  
 816 W. High St., Carlisle  
 717-960-0000

**Massey's Frozen Custard**  
 facebook.com/MasseysFrozenCustard  
 600 W. High St., Carlisle  
 717-249-2258

**Momma Spriggs**  
 mommaspriggs.com  
 160 York Road, Carlisle  
 717-701-8645

**Peppermill Family Restaurant**  
 peppermilldining.com  
 1010 Wesley Drive, Mechanicsburg  
 717-697-3111

**The Pizza Grille**  
 pizzagrille.com  
 3817 Gettysburg Road, Camp Hill  
 717-920-5350  
 901 State St., Lemoyne  
 717-731-6717  
 1007 Ritner Hwy., Carlisle  
 717-218-2320

### DAUPHIN COUNTY

**3B Ice Cream**  
 4701 Derry St., Harrisburg  
 717-564-2271  
 2199 Colonial Road, Harrisburg  
 717-545-6355  
 1430 Peters Mountain Road, Dauphin  
 717-921-2057

**The Hershey Pantry**  
 hersheypantry.com  
 801 E. Chocolate Ave., Hershey  
 717-533-7505

**The Meadows Original Frozen Custard**  
 meadowsfrozencustard.com  
 4636 Jonestown Road, Harrisburg  
 717-412-4095

### LANCASTER COUNTY

**Dienner's Country Restaurant**  
 dienners.com  
 2855 Lincoln Hwy. E., Ronks  
 717-687-9571

**Fox Meadows Creamery & Country  
 Market**  
 foxmeadowscreamery.com  
 2475 W. Main St., Ephrata  
 717-721-6455

**The Restaurant at Oregon Dairy**  
 oregondairy.com  
 2900 Oregon Pike, Lititz  
 717-656-2856

**Shady Maple Smorgasbord**  
 shady-maple.com  
 129 Toddy Drive, East Earl  
 717-354-8222

### LEBANON COUNTY

**A&M Pizza Restaurant**  
 ampizzerialebanon.com  
 1705 E. Cumberland St., Lebanon  
 717-273-0300  
 626 Quentin Road, Lebanon  
 717-273-9330  
 701 Lehman St., Lebanon  
 717-273-0606  
 124 W. Main St., Campbelltown  
 717-838-7375  
 39 Market Sq., Manheim  
 717-665-7777

### YORK COUNTY

**The Meadows Original Frozen Custard**  
 meadowsfrozencustard.com  
 1193A Loucks Road, York  
 717-793-2328

**Marino's Pizza & Pasta House**  
 marinospizzapastahouse.com  
 3595 E. Market St., York  
 717-757-2659

**Pizza by Alberto's**  
 albertospizzayork.com  
 2736 S. Queen St., York  
 717-741-3854

**Sweet Willows Creamery**  
 sweetwillows.com  
 2813 E. Prospect Road, York  
 717-718-9219

# HEALTH & WELLNESS

## DENTISTS/ ORTHODONTISTS

**Alba Orthodontics**  
albaortho.com  
116 Cumberland Pkwy.,  
Mechanicsburg  
717-697-6393

**Apicella-Lorei Orthodontic  
Associates**  
straightsmiles.com  
21 State Ave., Carlisle  
717-243-3200  
400 E. Main St., Mechanicsburg  
717-697-8222

**CHI St. Joseph Children's  
Health**  
stjosephchildrenshealth.org  
401 Locust St., Columbia  
844-836-8871  
1929 Lincoln Hwy. E., Lancaster  
844-837-9286

**Children's Dental Health**  
childrensdentalhealth.com  
Locations across Central Penn.  
866-KIDS-DENTAL

**Fields Family Dentistry**  
fieldsfamilydentistry.com  
2101 Aspen Drive, Mechanicsburg  
717-697-3400

**Roger Gibbon, D.D.S.**  
rogergibbondds.com  
305 N. George St., Millersville  
717-872-7496  
101 River Drive, Lancaster  
717-553-3801

**Hilton-Diminick Orthodontics**  
hdortho.com  
3412 Trindle Road, Camp Hill  
717-761-3402  
3925 Linglestown Road, Harrisburg  
717-652-0828

**Drs. Kearns, Ashby, Rajchel &  
Assoc.**  
www.kidsdentaloffice.com  
4836 E. Trindle Road, Mechanicsburg  
717-737-5834  
4509 Union Deposit Road,  
Harrisburg  
717-558-9830  
Dentistry for infants, children and  
teens.

**Mechanicsburg Family Dentistry**  
mechanicsburgfamilydentistry.com  
4824 E. Trindle Road, Mechanicsburg  
717-761-8056

**'Nbraces**  
n-braces.com  
133 S. 32nd St., Camp Hill  
717-731-3466

**Verber Family Dentistry**  
verberfamilydentistry.com  
3920 Market St., Camp Hill  
717-737-4337

**Yorktowne Dental Family Practice**  
yorktowedental.com  
2851 Eastern Blvd., York  
717-757-9614

## FITNESS CENTERS/GYMS

**Camp Curtin YMCA**  
ymcaharrisburg.org/campcurtin  
2135 N. Sixth St., Harrisburg  
717-238-9622

**Carlisle Family YMCA**  
carlislefamilyymca.org  
311 S. West St., Carlisle  
717-243-2525

**East Shore YMCA**  
ymcaharrisburg.org  
701 N. Front St., Harrisburg  
717-232-9622

**Hanover Area YMCA**  
hanoverymca.org  
500 N. George St., Hanover  
717-632-8211

**Littlestown YMCA**  
hanoverymca.org  
95 Keystone St., Littlestown  
717-359-9733

**South Hanover YMCA**  
hanoverymca.org  
1013 Baltimore St., Hanover  
717-632-0294

**West Shore YMCA**  
ymcaharrisburg.org  
410 Fallowfield Rd., Camp Hill  
717-737-9622

## HEALTHCARE/ SERVICES

**CHIP – Highmark Blue Cross  
Blue Shield**  
highmarkbcbs.com  
P.O. Box CARING, Pittsburgh  
800-543-7105  
Comprehensive health coverage  
to eligible children and teens in 29  
counties of Pennsylvania. CHIP  
is available in Pennsylvania to  
any uninsured child up to age 19,  
regardless of household income.

**The Family Health Council of  
Central Pennsylvania**  
fhccp.org  
3461 Market St., #200, Camp Hill  
717-761-7380  
A private, not-for-profit  
organization dedicated to  
improving health, preventing  
disease, and promoting wellness.

**Parenting & Family Solutions**  
parentfamilysolutions.com  
717-602-5560  
160 S. Progress Ave., Harrisburg  
101 W. Main St., Salunga

**PSA Healthcare**  
psahealthcare.com  
Serving Central Pa.  
877-540-1051

**Poison Control Center**  
aapcc.org  
800-222-1222

**Byrnes Health Education Center**  
byrneshec.com  
515 S. George St., York  
717-848-3064

**Penn. WIC Program/Family  
Health**  
pawic.com  
Statewide  
800-WIC-WINS

## HOSPITALS

**Geisinger Holy Spirit Hospital**  
hsh.org  
503 N. 21st St., Camp Hill  
717-763-2100

**HealthSouth Rehabilitation  
Hospital**  
healthsouthpa.com  
175 Lancaster Blvd., Mechanicsburg  
717-691-3700

**Lancaster General Health /  
CHOP Pediatric Hospitalists**  
lancastergeneralhealth.org  
555 N. Duke St., Lancaster  
717-544-5331

**Penn Medicine Lancaster  
General Health**  
lancastergeneralhealth.org  
555 N. Duke St., Lancaster  
717-544-5511

**Penn State Health Children's  
Hospital**  
pennstatehershey.org/childrens  
600 University Drive, Hershey  
800-243-1455

**Penn State Health Milton S.  
Hershey Medical Center**  
pennstatehershey.org  
500 University Drive, Hershey  
800-243-1455

**UPMC Pinnacle Carlisle**  
pinnaclehealth.org/Carlisle  
361 Alexander Spring Rd.,  
Carlisle  
717-249-1212

**UPMC Pinnacle Community  
Osteopathic**  
pinnaclehealth.org  
4300 Londonderry Rd., Harrisburg  
717-652-3000

**UPMC Pinnacle Hanover**  
hanoverhospital.org  
300 Highland Ave., Hanover  
717-637-3711

**UPMC Pinnacle Harrisburg**  
pinnaclehealth.org  
111 S. Front St., Harrisburg  
717-782-3131

**UPMC Pinnacle Lititz**  
pinnaclehealth.org/Lititz  
1500 Highlands Drive, Lititz  
717-625-5000

**UPMC Pinnacle Memorial**  
pinnaclehealth.org/memorial  
325 S. Belmont St., York  
800-436-4326

**UPMC Pinnacle West Shore**  
pinnaclehealth.org  
1995 Technology Pkwy.,  
Mechanicsburg  
717-791-2600

**WellSpan Ephrata Community  
Hospital**  
wellspan.org  
169 Martin Ave., Ephrata  
717-733-0311

**WellSpan York Hospital**  
wellspan.org  
1001 S. George St., York  
717-851-2345

**Women & Babies Hospital**  
lancastergeneralhealth.org  
609 N. Good Drive, Lancaster  
888-544-4636

## PEDIATRICIANS/ CHILD HEALTH CARE

**Bayada Pediatrics**  
bayada.com/pediatrics  
Serving Central Pennsylvania  
888-340-3222

**CHIP – Highmark Blue Cross  
Blue Shield**  
highmarkbcbs.com  
P.O. Box CARING, Pittsburgh  
800-543-7105  
Comprehensive health coverage  
to eligible children and teens in 29  
counties of Pennsylvania. CHIP  
is available in Pennsylvania to  
any uninsured child up to age 19,  
regardless of household income.

**Martin Foot and Ankle**  
martinfootandankle.com  
East York, West York, Hanover,  
Lancaster and Lititz  
717-757-3537  
When your first step causes pain,  
take a step in the right direction!

## CUMBERLAND COUNTY

**Carlisle Pediatric Associates**  
carlislepediatric.com  
804 Belvedere St., Carlisle  
717-243-1943

**JDC Pediatrics**  
jdcpediatrics.com  
2025 Technology Pkwy.,  
Mechanicsburg  
25 West Shore Drive, Camp Hill  
717-791-2680

**Penn State Medical Group  
Camp Hill**  
pennstatehershey.org/  
medicalgroup  
3025 Market St., Camp Hill  
800-243-1455

**PinnacleHealth Heritage  
Pediatrics**  
3720 Market St., Camp Hill  
717-909-4670

## DAUPHIN COUNTY

**Hershey Pediatric Center**  
hersheypediatriccenter.com  
441 E. Chocolate Ave., Hershey  
717-533-7850

**Penn State Hershey Pediatrics**  
35 Hope Drive, Hershey  
717-531-7300

**PinnacleHealth Pediatric  
Associates**  
8105 Adams Drive,  
Hummelstown  
717-652-1211

## LANCASTER COUNTY

**Beittel-Becker Pediatric  
Associates**  
beittelbecker.com  
2150 Noll Drive, Lancaster  
717-299-8933

**Eden Park Pediatrics**  
edenparkpeds.com  
779 E. Main St., Mt. Joy  
4221 Oregon Pike, Ephrata  
1725 Oregon Pike, Lancaster  
717-569-8518

**Lancaster Pediatric Associates**  
lancped.com  
2106 Harrisburg Pike, Lancaster  
717-291-5931  
222 Willow Valley Lakes Drive,  
Willow Street  
717-464-9555

**Penn State Medical Group  
-Elizabethtown**  
1 Continental Dr., Elizabethtown  
800-243-1455

**Penn State Medical Group -  
Red Rose Pediatrics**  
233 College Ave., Lancaster  
717-291-7221

## LEBANON COUNTY

**WellSpan Pediatric Medicine –  
Cornwall Road**  
618 Cornwall Rd., Lebanon  
717-279-6700

## YORK COUNTY

**Pediatric Specialty Therapy**  
hanoverhospital.org  
400 York St., Hanover  
717-316-7337

**Hanover Pediatric Associates**  
hanover-pediatrics.com  
217 Broadway, Hanover  
717-632-3911

**WellSpan Pediatric Medicine**  
2675 Joppa Road, York  
717-741-9063

**Springdale Pediatric Medicine**  
3065 Windsor Road, Red Lion  
717-851-1750

**York Pediatric Medicine**  
4020 Carlisle Road, Dover  
717-812-4240

## PHYSICAL THERAPY

**Cardin & Miller Physical Therapy**  
cardinmillerpt.com  
290 East Pomfret St., Carlisle  
717-245-0400  
156 Cumberland Pkwy., Mechanicsburg  
717-697-6600  
6100 Old Jonestown Road, Harrisburg  
717-695-6436

**Hartz Physical Therapy**  
hartzpt.com  
1635 W. Main St., Ste. 500, Ephrata  
717-738-0004  
90 Good Drive, Ste. 201, Lancaster  
717-735-8880  
100 Highlands Drive, Ste. 100, Lititz  
717-625-2228

**Martin Foot and Ankle**  
martinfootandankle.com  
East York, West York, Hanover, Lancaster and Lititz  
717-757-3537  
When your first step causes pain, take a step in the right direction!

## SPECIAL NEEDS/ AUTISM SPECTRUM

**PA Autism (ASERT)**  
asertinfo.com  
877-231-4244

**Autism Society, Greater Harrisburg Chapter**  
autismharrisburg.org  
800-244-2425

**Autism York**  
autismyork.org  
717-801-1272

**Margaret J. Kay, Ed.D., Licensed Psychologist and School Psychologist**  
MargaretKay.com  
Independent Educational Evaluators of America  
1555 Highlands Drive, Ste. 103, Lititz  
717-569-6223  
Providing independent educational evaluations (IEEs) for school-age children, college students, and adults.

**New Story**  
newstory.com  
2700 Commerce Drive, Harrisburg  
717-901-9906  
3710 Hempland Road, Mountville  
717-405-3287

**Pressley Ridge**  
pressleyridge.org  
Locations in Camp Hill, Lancaster and York  
888-777-0820

**The Vista School**  
thevistaschool.org  
1021 Springboard Drive, Hershey  
717-583-5102

## BRAIN INJURIES

**Brain Injury Association of Penn.**  
biapa.org  
800-444-6443

## CEREBRAL PALSY

**United Cerebral Palsy of Central PA**  
ucpcentralpa.org  
800-333-3873

## DIABETES

**Juvenile Diabetes Research Foundation**  
jdrf.org  
800-533-CURE



Live on Stage through Jan. 1



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Stage**

2760 Old Philadelphia Pike, Bird-in-Hand  
(800) 790-4069 • Bird-in-Hand.com

**\$5 Off Tickets**

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Bird-in-Hand Stage

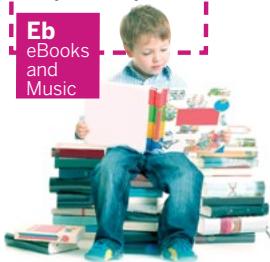
How do **U** You! fit in?

You know you can borrow a book or go to storytime at your library. But did you know there are lots of other "elements"?

### Overflowing Bookshelves?

Go digital—get digital books, magazines, music—all **FREE** with your library card!

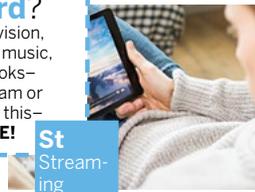
**Eb**  
eBooks and Music



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Movies, television, audiobooks, music, comics, eBooks—you can stream or download all this—and it's **FREE!**

**St**  
Streaming



### Need test prep?

Check out Learning Express Library online. ACT, SAT, AP and more! It's **FREE** with your library card.

**Lx**  
Learning Express Library



Visit [dcls.org/periodic](http://dcls.org/periodic) to see the entire Periodic Table of The Library.



THE DAUPHIN COUNTY LIBRARY SYSTEM  
**THE LIBRARY**  
OPEN FOR DISCOVERY

Looking to make *the best educational choice*

for your child?

Choose Pennsylvania's most experienced, tuition-free, K-12 online public school.



**PAcyber**  
The Pennsylvania Cyber Charter School

The Learning Never Stops  
**PAcyber.org**

## DOWN SYNDROME

Central PA Down Syndrome Awareness Group  
cpadsag.org  
717-218-0242

## EPILEPSY

Epilepsy Foundation of Western/Central PA  
efwp.org  
3507 Market St., Camp Hill  
717-730-6779

## THERAPEUTIC/REHAB PROGRAMS

Aaron's Acres  
aaronssacres.org  
1861 Charter Lane, Lancaster  
717-917-6101

Capital Area Therapeutic Riding Association Inc.  
catra.net  
717-469-7517

Leg Up Farm  
legupfarm.org  
4880 N. Sherman St., Mt. Wolf  
717-266-9294

Schreiber Center for Pediatric Development  
schreiberpediatric.org  
625 Community Way, Lancaster  
717-393-0425

## SERVICES/SUPPORT

ARC of Cumberland & Perry Counties  
cparc.org  
71 Ashland Ave., Carlisle  
717-249-2611

ARC of Dauphin County  
arcofdc.org  
2569 Walnut St., Harrisburg  
717-920-2727

ARC of Lancaster - Lebanon Counties  
thearcoflancasterco.org  
116 W. Airport Road, Lititz  
717-394-5251

ARC of York County  
thearcofyorkcounty.org  
497 Hill St., York  
717-846-6589

Bayada Nurses  
bayada.com  
Lancaster, Lebanon, Cumberland & Dauphin counties  
888-876-0111

The Clinic for Special Children  
clinforspecialchildren.org  
535 Bunker Hill Road, Strasburg  
717-687-9407

Helping Hand Children's Center  
helpinghandpa.com  
2159 Oregon Pike, Lancaster  
717-581-1050

Keystone Children & Family Services  
keystonehumanservices.org  
124 Pine St., Harrisburg  
717-232-7509

Margaret J. Kay, Ed.D., Licensed Psychologist and School Psychologist  
MargaretKay.com

Independent Educational Evaluators of America  
1555 Highlands Drive, Ste. 103, Lititz  
717-569-6223  
Providing independent educational evaluations (IEEs) for school-age children, college students, and adults.

New Story  
newstory.com  
Serving Central Pa.  
717-405-3287

Ronald McDonald House  
rmhc-centralpa.org  
745 W. Governor Rd., Hershey  
717-533-4001

SpeechCare  
speechcare.com  
2137 Embassy Dr., Lancaster  
717-569-8972

Wonder Kids Medical Daycare  
wonderkidsmedicaldaycare.com  
647 E. Roseville Road, Lancaster  
717-617-2021

## VISUAL CHALLENGES

Conestoga Eye  
conestogaeye.com  
2104 Spring Valley Road, Lancaster  
717-541-9700

Family Eye Care Vision Therapy  
familyeyecarepc.com  
5010 Carlisle Pike, Mechanicsburg  
717-695-4852

PA Council of the Blind  
pcb1.org  
931 N. Front St., Harrisburg  
877-617-7407

Susquehanna Association for the Blind and Vision Impaired  
visioncorps.net  
Serves Lancaster, Lebanon & York counties  
717-291-5951

Vision Resources of Central Pennsylvania  
vrocp.org  
1130 S. 19th St., Harrisburg  
717-238-2531

## HOME & GARDEN

### FLORISTS/NURSERIES

Ashcombe Farm & Greenhouses  
ashcombe.com  
906 W. Grantham Road,  
Mechanicsburg  
717-766-7611

George's Flower Shop  
georgesflowershop.com  
101 G St., Carlisle  
717-243-2626

Lincolnway Flower Shop  
lincolnwayflowershop.com  
3601 E. Market St., York  
717-755-4961

Pealer's Flowers  
pealers.com  
2125 Market St., Camp Hill  
800-876-4506

Royer's Flowers & Gifts  
royers.com  
Serving Central Penn.  
888-276-9377

Stauffer's of Kissel Hill  
skh.com  
Locations in Harrisburg, Lancaster  
and York  
717-626-4771

The Whimsical Poppy  
thewhimsicalpoppy.com  
417 N. Baltimore Ave., Mt. Holly  
Springs  
717-486-5202

## RETAIL & SHOPPING

### CONSIGNMENT STORES

Kid to Kid  
kiddokid.com  
428 Gateway Ave., Chambersburg  
717-414-7642  
180 Leader Heights, York  
717-744-5437

Tomorrow's Child  
tomorrowchildresale.com  
6 Skyport Road, Mechanicsburg  
717-790-9020

Tykes2Teens Consignments  
tykes2teens.com  
Enola Fire Company  
118 Chester Road, Enola

Wears Like New  
wearslikenew.com  
1200 Market St., Lemoyne  
717-761-6767

#### DAUPHIN COUNTY

Once Upon a Child  
onceuponachild.com  
6029 Allentown Blvd., Harrisburg  
717-540-7840

Wears Like New  
wearslikenew.com  
1251 E. Chocolate Ave., Hershey  
717-533-5555

#### LANCASTER COUNTY

Little Bo-Tique  
littlebotique.com  
2160 Lincoln Hwy. E., Lancaster  
717-299-9355

Miracles Consignment  
miraclesconsignmentshop.com  
3043 Columbia Ave., Lancaster  
717-394-4828

Now Wear This  
nowwearthis.biz  
29 S. Market St., Elizabethtown  
717-361-0535

#### YORK COUNTY

Kid to Kid  
kiddokid.com  
180 Leader Heights Road, York  
717-747-5437

Mommy's Lil'Rascals  
mommyslilrascals.com  
4350 N. George St., Manchester  
717-266-3680

### GIFTS/ACCESSORIES

Baby Bug & Me Children's Boutique  
babybugandme.com  
900 Market St., Lemoyne  
717-763-1780

Capital City Mall  
shopcapitalcitymall.com  
3506 Capital City Mall Drive,  
Camp Hill  
717-737-1578

Harrisburg Mall  
shopharrisburgmall.com  
3501 Paxton St., Harrisburg  
717-564-0980

Hershey's Chocolate World Shops  
hersheyschocolateworld.com  
251 Park Blvd., Hershey  
717-534-4900

Meadowbrooke Gourds  
mbgourds.com  
125 Potato Road, Carlisle  
717-776-6029

Outlets at Hershey  
theoutletsathershey.com  
46 Outlet Square, Hershey  
717-520-1236

Park City Center  
parkcitycenter.com  
142 Park City Center, Lancaster  
171-393-3851

Purple Robin Reserve  
purplerobinreserve.com  
47 E. Main St., Lititz  
717-568-2855

Strawberry Square  
strawberrysquare.com  
11 N. Third St., Harrisburg  
717-255-1020

The Learning Source  
elearningsource.com  
3401 Hartzdale Drive, Camp Hill  
717-761-7445

Toys on the Square  
toysonthesquare.com  
22 E. Main St., Hummelstown  
717-566-6301

# Kids & pets!

We love when readers share pictures of their adorable kids sharing some love with their adorable four-legged pals! Keep an eye on our Facebook page for how to send us your photos.



VIOLET AND HER CAT GINGER



ZOEY HENRY AND TAKARA,  
A SHIBA INU



OLIVIA WITH KITTEN FENELOPE



RAE LYNN AND ELU



PAIGE WITH KITTY PIPER



ZAYDEN AND HANNAH



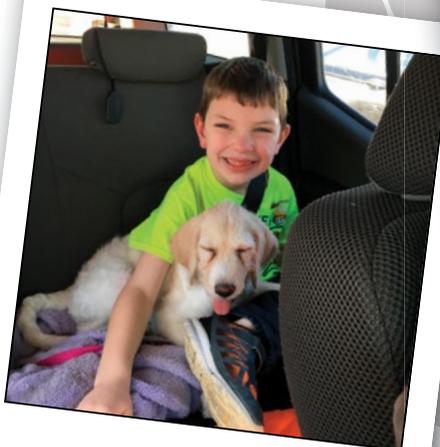
LINCOLN AND SADIE



PJ AND HIS PUP MINNIE



OWEN WITH HIS PUP PARIS



OWEN AND JOSTE



OWEN WITH HIS DOGS, BO

# Calendar of Events

December / January

FREE EVENT =



## DECEMBER

### Saturday, December 1

**YWCA York's Girls on the Run Celebratory 5K: A Frosty Fun Run.** York College of Pennsylvania, 441 Country Club Road, York, 7:30 a.m.-12 p.m. \$15 - \$20. [ywcayork.org/goto](http://ywcayork.org/goto)

**Breakfast with Santa.** Spooky Nook Sports, 75 Champ Blvd., Manheim, 9-11 a.m. In addition to visits with Santa, children can play "reindeer games." Ages 12+ \$17.95, ages 3-11, ages 2 & under, free. [spookynooksports.com](http://spookynooksports.com)

**Saturday Morning Art Club (Ages 4-7).** Susquehanna Art Museum, 1401 N. Third St., Harrisburg, 10 a.m.-12 p.m. Explore art techniques, new materials and concepts that are inspired by the art in the museum. Preregistration required. \$10. 717-233-8668, [susquehannasrtmuseum.org](http://susquehannasrtmuseum.org)

 **Snowball Saturdays.** The Hershey Story Museum, 63 W. Chocolate Avenue, Hershey, 10 a.m.-2 p.m. Visit with Coco the Bear and enjoy story times throughout the event. Snowball fights will take place in the lobby at 11 a.m., and 12:15 & 1:45 p.m. FREE. 717-534-8939, [hersheystory.org](http://hersheystory.org)

**Santa's Paradise Express.** Strasburg Rail Road, 301 Gap Road, Ronks, 11 a.m.-5 p.m. Santa will greet families as they travel down the tracks to Paradise and back. \$13.50-\$33. 866-725-9666, [strasburgrailroad.com](http://strasburgrailroad.com)

 **Toy Train Exhibit.** Fort Hunter Centennial Barn, 5300 N. Front St., Harrisburg, 12:30-4:30 p.m. The Keystone Model Railroad Historical Society returns to Fort Hunter with a display of HO gauge trains. FREE. 717-599-5751, [forthunter.org](http://forthunter.org)

**The Popcorn Hat Players Present: The Steadfast Tin Soldier.** Gamut Theatre, 15 N. Fourth St., Harrisburg, 1 p.m. This production will run approximately 1 hour. \$8. 717-238-4111, [gamuttheatre.org](http://gamuttheatre.org)

 **Garden Spot Village Train Room Open House.** 433 S. Kinzer Ave., New Holland, 1:30-4 p.m. Railroad enthusiasts of all ages can enjoy HO- and O-gauge model train layouts Saturdays through December 29. FREE. 717-355-6000, [gardenspotvillage.org/events](http://gardenspotvillage.org/events)

### Sunday, December 2

 **Open House and Craft Fair.** Children's Cancer Recovery Foundation, 249 Lincoln Way E., New Oxford, 10 a.m.-3 p.m. FREE. [childrenscancerrecovery.org](http://childrenscancerrecovery.org)

 **Clear Toy Candy Making Demonstration.** Fort Hunter Mansion, 5300 N. Front St., Harrisburg, 1-4 p.m. This Pennsylvania-German tradition dates back to the 1700s and involves molding sugar into a hard-candy sculptures. FREE. [forthunter.org](http://forthunter.org)

**Natural Ornaments.** Olewine Nature Center, Wildwood Park, 100 Wildwood Way, Harrisburg, 1-3 p.m.. Make holiday ornaments using pine cones, milkweed pods, and other natural materials. \$5. 717-221-0292, [wildwoodlake.org](http://wildwoodlake.org)

**Santa Stroll.** Coleman Memorial Park, 1400 W. Maple St., Lebanon, 1-2:30 p.m. Admission is one Santa hat. Bring your own or purchase one for just \$2 at the Lebanon Christkindl Market. 717-269-2994, [friendsofcmp.org](http://friendsofcmp.org)

 **Annual Advent Lessons and Carols.** Boehm's Chapel, 13 W. Boehms Road, Willow Street, 3-4 p.m. A traditional 'Lessons and Carols'

with congregational singing of familiar Christmas hymns. Special music from a harpist. FREE. 717-872-4133, [boehmschapel.org](http://boehmschapel.org)

**Santa's Paradise Express.** See Dec. 1 for details.

### Monday, December 3

**Chanukah starts at sundown.**

### Tuesday, December 4

 **Holiday Story Time with Mrs. B.** East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 10 & 11 a.m. For ages 2 ½ to K. Registration required. 717-732-4274. FREE. 717-732-4274, [eastpennsborobranch.org](http://eastpennsborobranch.org)

### Wednesday, December 5

 **Hour of Code Day.** Fredricksen Library, 100 N. 19th St., Camp Hill, 4-5:30 p.m. Ages 12-18. Registration required. FREE. 717-761-3900, [fredricksenlibrary.org](http://fredricksenlibrary.org)

 **Annual Tree Lighting Ceremony and Visit with Santa.** East Pennsboro Township Building, 98 S. Enola Drive, Enola, 5-7 p.m. Visit with Santa at 5 p.m., tree lighting ceremony at 7 p.m. FREE. 717-732-4274, [eastpennsborobranch.org](http://eastpennsborobranch.org)

### Thursday, December 6

**The Night Before Christmas.** Strasburg Rail Road, 301 Gap Road, Ronks, 7-8 p.m. A reader dressed in a Victorian nightshirt and cap will read The Night Before Christmas as the train rolls along. A portion of proceeds will support the work of the Clinic for Special Children. \$33. 866-725-9666, [strasburgrailroad.com](http://strasburgrailroad.com)

### Saturday, December 8

 **Raising Readers Story Time.** East Pennsboro Branch Library,

98 S. Enola Drive, Enola, 11 a.m. Registration required. FREE. 717-732-4274, [eastpennsborobranch.org](http://eastpennsborobranch.org)

 **Christmas at Italian Lake.** Harrisburg, 12-5 p.m. Sleigh rides, ice skating rink, artisan market, Santa's grotto, food trucks, caroling, tree lighting, and more. Benefits the Bethesda Mission. FREE. [christmasitalianlake.com](http://christmasitalianlake.com)

 **Mrs. Santa Claus at the Mechanicsburg Museum.** 2 W. Strawberry Alley, Mechanicsburg, 12-3 p.m. Mrs. Claus visits the Passenger Station. With storytime, crafts and treats. FREE. 717-697-6088, [mechanicsburgmuseum.org](http://mechanicsburgmuseum.org)

 **Santa's Reindeer at Fort Hunter.** Fort Hunter Centennial Barn, 5300 N. Front St., Harrisburg, 12:30-2:30 p.m. Visit one of Santa's reindeer and Mrs. Claus. Refreshments available, donations welcome. FREE. 717-599-5751, [forthunter.org](http://forthunter.org)

**Ice Cream with Santa.** The Turkey Hill Experience, 301 Linden St., Columbia, 5-8 p.m. Join Santa for an evening filled with fun activities and plenty of Turkey Hill Ice Cream! Advanced reservations required. \$14.95 for ages 2-12, \$9.95 for ages 13+. [turkeyhillexperience.com/events](http://turkeyhillexperience.com/events)

 **Toy Train Exhibit.** Fort Hunter Centennial Barn. See Dec. 1 for details

**The Popcorn Hat Players Present: The Steadfast Tin Soldier.** See Dec. 1 for details.

 **Garden Spot Village Train Room Open House.** See Dec. 1 for details.

 **Snowball Saturdays.** See Dec. 1 for details.

**Sunday, December 9**



**Christmas at Italian Lake.** See Dec. 8 for details.

**Santa's Paradise Express.** See Dec. 1 for details.

**Teen Gingerbread Extravaganza.** *Fredricksen Library, 100 N. 19th St., Camp Hill, 1:30-4 p.m.* Ages 12-18. Create your own Gingerbread House with kits and lots of extras to make a unique ginger wonder. Registration required. \$3. 717-761-3900, fredricksenlibrary.org

**Monday, December 10**

**Library for Lunch - The Gingerbread Man!** *Fredricksen Library, 100 N. 19th St., Camp Hill, 12-1 p.m.* For children ages 3 - 6 accompanied by an adult. Bring a bagged lunch; cookie, icing, candies and beverages provided. \$1 per child. Registration required. 717-761-3900, fredricksenlibrary.org

**Tuesday, December 11**



**Holiday Story Time with Mrs. B.** See Dec. 4 for details.

**Thursday, December 13**



**Santa Story Time.** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 10-11 a.m.* A special visitor will be stopping by to enjoy some cookies and juice: bring your wish list. Registration required. FREE. 717-732-4274, eastpennsborobranh.org



**Story Time and Craft hosted by Girl Scout Troops.** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 6:30-7:30 p.m.* For ages 3 - 8. Registration required. FREE. 717-732-4274, eastpennsborobranh.org

**The Night Before Christmas.** See Dec. 6 for details.

**Friday, December 14**



**Holiday at Landis Valley Bonfire.** *Landis Valley Village & Farm Museum, 6-8:30 p.m.* A wagon ride, building tours, bonfires and Christmas carols. FREE, but please bring one or more non-perishable food items to give to the Lancaster Food Bank. landisvalleymuseum.org

**Saturday, December 15**

**Saturday Morning Art Club (Ages 4-7).** *Susquehanna Art Museum, 1401 N. Third Street, Harrisburg, 10 a.m.-12 p.m.* Advance registration required. \$10. 717-233-866, susquehannaartmuseum.org

**Ice Cream with Santa.** See Dec. 8 for details.

**The Popcorn Hat Players Present: The Steadfast Tin Soldier.** See Dec. 1 for details.



**Garden Spot Village Train Room Open House.** See Dec. 1 for details.

**Santa's Paradise Express.** See Dec. 1 for details

**Central Pennsylvania Youth Ballet presents George Balanchine's The Nutcracker.** See pg. 31 for details.

**Sunday, December 1**

**Natural Ornaments.** See Dec. 2 for details.

**Santa's Paradise Express.** See Dec. 1 for details.



**Brass Triumphant in Concert.** *Fort Hunter Centennial Barn, 5300 N. Front St., Harrisburg, 2-3 p.m.* The 1-member brass group performs familiar holiday tunes and Christmas songs. FREE. 717-599-5751, forthunter.org

**Central Pennsylvania Youth Ballet presents George Balanchine's The Nutcracker.** See pg. 31 for details.

**Monday, December 17**



**Winter Reading Program.** *Fredricksen Library, 100 N. 19th St., Camp Hill.* Register online or stop by the children's desk to pick up a program card. FREE. 717-761-3900, fredricksenlibrary.org

**Wednesday, December 19**

**The Night Before Christmas.** See Dec. 6 for details.

**Friday, December 21**

**Winter begins.**

**The Night Before Christmas.** See Dec. 6 for details.

**Saturday, December 22**



**Toy Train Exhibit.** See Dec. 1 for details.



**Garden Spot Village Train Room Open House.** See Dec. 1 for details.

**Santa's Paradise Express.** See Dec. 1 for details.

**Central Pennsylvania Youth Ballet presents George Balanchine's The Nutcracker.** See pg. 31 for details.

**Sunday, December 23**



**Toy Train Exhibit.** See Dec. 1 for details.

**Central Pennsylvania Youth Ballet presents George Balanchine's The Nutcracker.** See pg. 31 for details.

**Tuesday, December 25**

**Merry Christmas!**

**Thursday, December 27**



**Garden Spot Village Train Room Open House.** See Dec. 1 for details.

**Friday, December 28**

*"Noon Year's Eve" Celebration. State Museum of Pennsylvania, 300 North St., Harrisburg, 10 a.m.-1 p.m.* Make a craft, snack, and dance. Take in a planetarium show. The Museum's famous firefly and balloon drop will be in Memorial Hall at 12 p.m. statemuseumpa.org/event/noon-years18

**Saturday, December 29**



**Garden Spot Village Train Room Open House.** See Dec. 1 for details.

**Daniel Tiger LIVE! Sunoco Performance Theatre at The Whitaker Center, 11 a.m., 3 p.m. & 6:30 p.m.** A brand new adventure in the Neighborhood of Make-Believe where Daniel learns just what it takes to be King. Tickets start at \$25. whitakercenter.org



**Noon Year's Eve Party!** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 11 a.m.-12 p.m.* A countdown to NOON with activities for the whole family. Registration required. FREE. 717-732-4274, eastpennsborobranh.org

**Monday, December 31**



**New Year's Eve Countdown.** *The Hershey Story Museum, 11 a.m.-3 p.m.* Kids can make some noise with the Hershey's product characters and "bubble-wrap stomps," being held at 11 a.m., 1 p.m. and 3 p.m. hersheystory.org

**26th Annual New Years Eve Party For Children.** *Sunoco Performance Theatre at The Whitaker Center, 11 a.m.-12 p.m.* Tickets include admission to the performance of Hansel and Gretel, noisemakers, party hats, and a Hawaiian lei. \$12. gamuttheatre.org

**JANUARY**

**Tuesday, January 1**

**Happy New Year!**

**Saturday, January 5**

**Opening day, Pennsylvania Farm Show.** *The PA Farm Show Complex and Expo Center, Harrisburg.* The ever-popular events runs through Saturday, January 12. \$15 for parking at satellite lots. farmshow.pa.gov

**Tuesday, January 8**



**Winter Story Time with Mrs. B.** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 10 and 11 a.m.* For ages 2 ½ to K. Registration required. FREE. 717-732-4274, eastpennsborobranh.org

**Thursday, January 10**

**Story Time and Craft hosted by Girl Scout Troops.** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 6:30-7:30 p.m.* For ages 3 - 8. Registration required. FREE. 717-732-4274, eastpennsborobranh.org

**Saturday, January 12**



**Raising Readers Story Time.** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 11-11:30 a.m.* Registration required. FREE. 717-732-4274, eastpennsborobranh.org

**Reading with Reptiles.** *Clyde Peeling's Reptiland, 18628 U.S. Route 15, Allenwood, 11-11:30 a.m.* The zookeeper will share a story and a special animal encounter. Then, tour the rest of the zoo and take in a live show. \$14 for ages 12, \$12 for ages 3 - 11, free for ages 2 and younger. 570-538-1869



**Craftapalooza.** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 12-1:30 p.m.* Drop in to make a one-of-a-kind creation that you can take home. FREE. 717-732-4274, eastpennsborobranh.org

**Tuesday, January 15**



**Winter Story Time with Mrs. B.** See Jan. 8 for details.

**Girls & Moms Parenting Program Event.** *Byrnes Health Education Center, 515 S. George St., York, 6:30-8:30 p.m.* For moms and their daughters, focusing on puberty and the natural changes that occur during adolescence. \$14. 717-848-3064, byrneshec.org



**Saturday, January 19**

**The Popcorn Hat Players Present: Tales From Ancient Greece.** *Gamut Theatre, 15 N. Fourth St., Harrisburg, 1 p.m.* Old stories are made new in Popcorn Hat's hilarious adaptation of the classic Greek myths. \$8. 717-238-4111, gamuttheatre.org

**Family Fun Fest: PA Ballet**

**II, Prince Charming.** *The Ware Center, 42 N. Prince St., Lancaster, 1-3 p.m.* We all know about Cinderella and how she met her prince. But what if the Prince himself told the story? This is a sensory-friendly performance. Starting one hour before performance, children are welcome to participate in creative, hands-on activities. \$10. 717-871-7600, artsmu.com

**Monday, January 21**

**Martin Luther King, Jr., Day**

**Tuesday, January 22**

 **Winter Story Time with Mrs. B.** See Jan. 8 for details.

**Puberty Program for Special Learners (Boys).** *Byrnes Health Education Center, 515 S. George St., York, 6-8 p.m.* Designed for students living with autism, Down syndrome, learning disabilities and developmental delays. Program will address the biological, social and behavioral components about puberty. An adult must be in attendance with a student/child. \$14. 717-848-3064, byrneshec.org

**Wednesday, January 23**

**Puberty Program for Special Learners (Girls).** See Jan. 22 for details.

**Saturday, January 26**

**The Popcorn Hat Players Present: Tales From Ancient Greece.** See Jan. 19 for details.

**Harrisburg Symphony Orchestra POPS 2.** *The Forum, 500 Walnut St., Harrisburg, 8-10 p.m.* Three star vocalists join the HSO to sing favorite songs from megahit shows like Sweeney Todd, A Little Night Music, Jesus Christ Superstar and Phantom of the Opera. Tickets start at \$20. 717-545-5598, harrisburgsymphony.org

**Sunday, January 27**

**Harrisburg Symphony Orchestra POPS 2.** See Jan. 26 for details. 3 p.m.

**Monday, January 28**

 **Preschoolers Make It & Take It: All about you!** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 1-1:45 p.m.* Ages 3 - 6.

Preregistration required. 717-732-4274. FREE. 717-732-4274, eastpennsborobranch.org

 **Hands On! STEM: Coding.** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola, 2:30-5 p.m.* Hands-on STEM. For all ages. FREE. 717-732-4274, eastpennsborobranch.org

**Tuesday, January 29**

 **Winter Story Time with Mrs. B.** *East Pennsboro Branch Library, 98 S. Enola Drive, Enola.* Registration required. FREE. 717-732-4274, eastpennsborobranch.org



*Happy birthday to all from Central Penn Parent!*

**Presented By:**



**Happy December birthday wishes to our Kids Birthday Club members!**

- Aniya F. of Camp Hill turns 2
- Alexander D. of Millersburg turns 3
- Even H. of Lebanon turns 5
- Daniel G. of Mechanicsburg turns 5
- Zoya K. of Mechanicsburg turns 7

- Isabella P. of Harrisburg turns 8
- Ashley B. of Middletown turns 8
- Nathen B. of York turns 8
- Yamsie C. of Bonneauville turns 8
- Cameron D. of York turns 9

- Matlyn R. of Denver turns 10
- Audrina H. of Etters turns 10
- Ariayanna B. of Hummelstown turns 13
- Elena R. of Mechanicsburg turns 14
- Gracie S. of Palmyra turns 15

**More December birthday wishes to:**

- Omari P. of Camp Hill
- Lauren C. of Camp Hill
- Amina I. of Mechanicsburg
- Leander W. of Harrisburg

**Happy January birthday wishes to our Kids Birthday Club members!**

- Hunter G. of Camp Hill who turns 2
- Hope H. of Harrisburg who turns 2
- Aubree B. of Lancaster who turns 4
- Steven L. of York who turns 5
- Skylar C. of New Holland who turns 5
- Theodore R. of Denver who turns 6
- Alexandra W. of Harrisburg who turns 6

- Colton C. of Newville who turns 7
- Gabriel G. of Mechanicsburg who turns 7
- Emma P. of Harrisburg who turns 7
- Brielle G. of Harrisburg who turns 8
- Thomas O. of Hummelstown turns 10
- Violet M. of Camp Hill turns 10
- Hunter W. of Lancaster who turns 11

- Maurice B. of Harrisburg who turns 11
- Chara H. of Lititz who turns 13
- Kennedy L. of Harrisburg who turns 13
- Mia S. of Carlisle who turns 14
- Jurnie L. of Middletown who turns 14
- Aidan B. of York who turns 14
- Sarah G. who turns 16

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# This

**is why we're giving it  
everything we've got.**

Our goal is keeping the people of our communities healthy so they can live the way they want. This is why we're continuing to innovate, and to expand and invest in the areas we serve, the conditions we treat, and the people we care for.

**This is Penn State Health.**



**PennState Health**